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THE
Practical Herbalist
OR
Health vs. Disease



BY
Dr. J. Aal LARSEN

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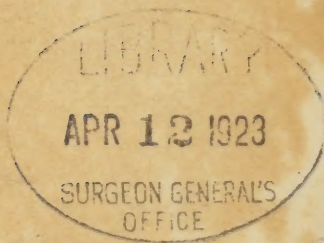
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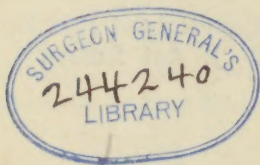
Yours for Health
J. Aal Larsen.
Herbologist

The Practical Herbalist

or

Health versus Disease

Designed as a guide to the practical use of
Nature's Roots, Herbs, etc.
in the treatment and prevention of disease.



BY

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Student of Natural Therapeutics and
Philosophy

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Universal Sanapractic College
Seattle, U. S. A.

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DEDICATION

To **Physicians, Students and People** in general thruout the World who appreciate the value and importance of **Natural Therapeutics** as applied thru the Practice of **Hygiene** and other **Sanatory** methods. Particularly by the use of **Nature's Botanical Roots, Herbs, Barks, etc.**

This Work is
Dedicated

Preface

The keynote of this volume is Health. It is designed to suggest to the student of Natural therapeutics in concise, simple and understandable language a deal of information regarding the human body; its ills, symptoms, cause, treatment and prevention.

It is further designed to teach the student the practical uses and administration of Nature's botanic roots, herbs, barks, etc., as a natural means of prevention as well as a cure of disease.

The treatment of subjects is both comprehensive and exact, enabling any person of ordinary intelligence to acquire a workable knowledge of the science of Herbology. Careful study of this book, with its many concrete examples showing application of principles, will do as much or more to equip the student as a practical herbalist than many expensive college courses in Herbology.

From reliable statistics it is estimated that the total annual loss of life in the United States from causes well known to be preventable is approximately 100,000 persons. Also that there are probably 1,500,000 persons always unnecessarily sick from causes considered preventable and which could be avoided by due observance of the natural laws of health.

In reference to the above statistics, Dr. B. F. Clayton says: "If someone would bring out a book of home remedies, regular grandmother remedies, he would have done something which would prove a blessing in every household."

The preservation of health is sought by all wise persons. The reader will find in this book many valuable formulæ and suggestions for maintaining health and for the relief of the most common diseases, as well as ample advice in regard to many conditions which, if followed, will result in material benefit. It is not designed, however, to take the place of, or to conflict with the family physician; but merely to guide the patient as to proper administration of home remedies.

Much of the data and information contained in this volume has been gleaned from authoritative works, written by men noted as Specialists, in their respective departments. The books referred to are:

United States Dispensatory
Medicology
Complete Herbalist
Sabastian Kneipp's Works
And others.

To the authors of these works; and to Dr. Otto Scherini, Dean of the American University of Sanipractic, Seattle, who ably assisted in the presentation of Pathology, Part Three, of this book, I am greatly indebted, and desire to express my acknowledgement and sincere thanks.

In conclusion I wish to say that this work is the product of many years of research work;

and the practical application of principles involved; and that no expense or work has been spared in my effort to make it one of the most authoritative and useful treaties on the subject of practical Herbology. My heart and soul has been in my work and it is my earnest hope that it will be appreciated and of benefit to all who may peruse its contents. If my suggestions are accepted in the same generous spirit in which they are offered, I shall be amply rewarded and grateful.—The Author.

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THE PRACTICAL HERBALIST

Part 1

BRIEF HISTORY OF THRAPEUTICS

It must be apparent to every thinking mind that Therapeutical and Pharmaceutical science is the very foundation of the **"Healing Art Divine."** In the language of Holy Writ, "The Lord has created medicine out of the earth, and he that is wise will not abhor them."

The practice of therapeutics and the use of medicine is no doubt coincident with the history of the human race; but writers generally agree that medicine first became a profession among the Egyptians. The priests of the earlier nations were the practitioners of the Healing Art, but it does not seem that women were excluded from the right of administering medicine for the purpose of healing the sick, since mention is made of a certain Queen Isis, who became geratly celebrated among them, and was worshipped as a "Goddess of Health." Although the practitioners among the Egyptians, Assyrians and Jews, were in the habit of employing incantations, which of course, produced their good and bad impressions through the medium of imagination, yet their efficiency in curing diseases was mainly due to their knowledge of the medical virtues of many of the vegetable products of Nature.

They seemed to look up as high as the stars, to know the season of the operation of the Herbs in the various affections of the human race.

Among the Greeks, Hippocrates first caused medicine to be regarded as a Science, while Esculapius was the first who made medicine, an exclusive study and practice. His sons Machaon, and Podalarius are celebrated in Homer's "Iliad" for their medicinal skill, as surgeons in the Greek armies, or during the Trojan War.

Two daughters, also of Esculapius, Panakeia and Hygeia, were no less distinguished than their renowned brothers; the latter being the inventor of many valuable herbal preparations, whose success in curing disease won for her, as in the case of Queen Isis of Egypt, the proud honor and deification of the Greeks, as an especial "Goddess of Health." We have no knowledge that Esculapius, or his immediate followers, ever conceived the idea of curing disease by drug or mineral preparations. Ablutions, bandages, fomentations, ointments, etc., were administered externally, and preparations of aromatic herbs, roots, flowers, balms, gums, etc., constituted their whole *Materia Medica* for all internal ailments.

The next most prominent medical practitioner after Esculapius and his immediate descendents, was Hippocrates, the "Coan Sage," who being one of the most sagacious, observing and industrious men that ever lived, was entitled the "Father of Medicine". He traveled much in foreign countries, devot-

ing himself with untiring energy, to the study and practice of medicine. His writings were numerous, and even to this day, his doctrines are extensively recognized. His practice was consistently founded on the phenomena of Nature, as exhibited in human beings during health and disease. His *Materia Medica* was derived wholly from the vegetable kingdom. His internal remedies were purgatives, sudorifics, diuretics and injections, while his external remedies were ointments, plasters, liniments, etc. The great principle which directed all his operations was the supposed operations of Nature, in superintending and regulating all the actions of the system. This mode of practice had the good effect of enabling the practitioner to make himself well acquainted with all the phenomena of disease, and thus to diagnose most correctly, and to meet the varied indications, by the administration of some herbal remedy, which would induce the crisis requisite to the removal of disease and restoration to sound and vigorous health.

About 300 years before the Christian Era, the Ptolemies founded a Medical School in Alexandria, Egypt. The most of the professors were Erasistratus and Herophillus, who dissected the bodies of criminals obtained from the government. They opposed bleeding and violent remedies, trusting more to nature than to art. Herophilus paid particular attention to the action of the heart, and was the first to give anything like an accurate description of the various kinds of pulse. From that time to the present, the pulse has been, as it were, the guide for determining the

character, extent, and probable cause of the disease afflicting the patient, and the description of treatment required to produce a change for the better.

We pass over the days of the Dogmatics and Empirics, the Pneumatics and other sects of medical practitioners, (who though they employed herbal remedies as a general rule, were strangely given to the promulgations of theories and doctrines, utterly at variance with the most ordinary ratiocinations of Philosophy and reason) until we come to the period when Galen first made his appearance at the request of the Emperor Aurelius. Galen was a native of Pergamus, having traveled much, and written largely on subjects directly or indirectly connected with medicine, before settling himself at Rome. He was entirely independent in his opinions, paid very little respect to authority, and so great was his learning and wisdom, and skill in medicine, that he came to be regarded by many as an "Oracle." Thoroughly educated in all the schools of philosophy, he selected from them all, except the Epicurian, which he totally rejected. His treatment of disease was principally by herbal remedies. From Galen have sprung the sect that is now generally known as Eclectics, who do not confine remedies exclusively to the herbal practice, but employ many of the mineral substances upon which the Allopathic and Homeopathic systems of medicine of the present day are based.

About the middle of the 17th century, on the death of Paulus, the Greek School of Medicine terminated. The Arabians having con-

quered a large portion of the semi-civilized world, and destroyed an immense Alexandrian Library. The Arabian physicians soon adopted the opinions of Galen, but owing to the invention of chemistry, it was speedily made subservient to medicine. They procured medical works some of which have enjoyed great celebrity, without having really added anything substantial to medical science as previously understood. With Averroes terminated the Arabic or Saracenic School of Medicine; the great reputation of which is mainly owing to the circumstances, that from the eighth to the twelfth Centuries, when all Europe was sunk in deep barbarism, the principle remains of a taste for literature and science existed among the Moors and Arabs. Their physicians added many vegetable products, and a few metallic and oxides, to the catalogue of remedies. From the employment of chemical and mineral remedies, by the Arabian physicians, may be dated the disastrous consequences of the medical science that was frequently inaugurated by that Prince of Quacks—Paracelsus.

After the Arabians, from the 12th to the 15th Century, the practice of medicine was chiefly confined to the hands of the priests, who being men of great learning and followers of Esculapius, Hippocrates and Galen did much to perfect what has since been known as "Astral Physic," and to base it upon principles as insurmountable and eternal as God and Nature, notwithstanding the futile attempts of modern Medical Physicians, to laugh and jeer it down, as drawn from the magic arts and astrological superstitions of a "Monkish

Age." It is very true that chemistry, or rather alchemy, was prosecuted with much ardor, with a view of discovering a method of transmuting the baser metals into gold, yet with all their knavery, and folly, they religiously discarded mineral medication, and relied almost wholly upon an herbal or vegetable *Materia Medica*, in the treatment of all forms of physical and mental diseases.

The European feudal system was at length greatly shaken by the Crusaders, Mohamet the second, about the middle of the 15th Century captured Constantinople and soon after, the Byzantine Empire, the Reformation occurred, and about the same time the art of printing was invented. These events gave a powerful impulse to the world of mind, and reawakened investigations into all the departments of Science, Literature, and the Arts; but, although many works were written, very few facts were gleaned concerning the physiological, anatomical and pathological phenomena, incident to the structure, health and disease of the human being.

The Alchemic art, however, was at length transfered from Arabic into European countries, and Medical chairs were established in various Universities on the Continent during the 14th Century, and finally Linaire, who had been educated at Oxford, and having travelled in Italy returned to England, and succeeded in founding medical professorships at Oxford and Cambridge; from which circumstances, was laid the foundation of the London College of Physicians. Thus chemistry, after having been employed in the various pharmaceutical processes, was applied to physiology, path-

ology, and therapeutics. The chemical doctors were very wild and extravagant in advancing unnatural theories; but they had an ever present champion in the name of Galen, who was well entitled to be called the "Prince of Medical Philosophers." He was a philosopher—a natural philosopher: for he studied Nature closely, deeply, profoundly, and deduced his indications of cures from an accurate observation of her laws. His system, however, was destined to be utterly overthrown by an adventurous vagrant, whose quacking never had its equal on earth. This impudent and unprincipled charlatan was none other than Paracelsus, to whom the Medical world is more indebted for the mineral drugging system than to all other physicians who have ever lived. He it was who introduced the **Mercurial** and **antimonial** practice, which still constitutes the great strength of the popular *Materia Medica* of the day, and which also continues to exhibit its terribly devastating power on all human constitutions, that come under its sway or influence. In the fullness of his pride, pomp and arrogance, Paracelsus burned, with great solemnity, the works of Galen and Avicenna, declaring that he had found the philosopher's stone, and that mankind had no further use for the medical works of others. He lived a dissipated vagabond, and died prematurely at the age of 48, his famous **elixir vitae** having failed to save him from a most horrible fate. Still his abominable doctrines prevailed, and his unfortunate followers have added several hundred other chemical or mineral preparations to the great Quick Silver

Quack. — At the present day, among a certain class of physicians, there is hardly a disease in the catalogue of human ailments in which the employment of mercury, antimony, arsenic and other deadly drugs are not employed.

During the 17th Century, the doctrines of Hippocrates, again arose to same consideration in medical philosophy. Anatomy made progress. Harvey discovered the circulation of the blood; others traced out the absorbent system and explained the functions and structure of the lungs; while Boyle disengaged chemistry from the mystery by which it was surrounded and explained its **true province** to be, "not the manufacture of solid gold, nor liquid nostrums, nor gaseous theories, but an investigation into the charges of properties which bodies experienced in their action upon each other."

From this time to the beginning of the 18th Century, notwithstanding many facts had accumulated in chemistry, anatomy and physiology, physicians, as a body held no more natural views of the **true nature** of the disease, than was advanced by Hippocrates 3000 years before, indeed, it is positively certain that none of the most eminent new schools or sects of the present day, had been more successful in curing diseases than were Hippocrates, Galen and Sydenham, meantime, however, there have arisen physicians, who, while they readily received all new facts in respect to the structure of the human organism, still adhered to the instinctive inductions of Nature, and treated diseases with most abund-

ant success by means of Herbal preparations alone. We have at this day as bright a galaxy of names—scholars, philosophers, philanthropists and humanitarians as ever adorned any age of the world, devoting themselves with a zeal and industry worthy of all praise to the study and practice of medicine, but failing to perceive the **grand results** anticipated in their laborious researches after the truth, do not hesitate to admit that our actual information does not increase in any degree, in proportion to our experience. All this display of learning and their multitudinous writings, have only served to make confusion worse confounded and all from the simple fact, that they have neglected to follow the requirements of Nature and common sense, in maintaining the Herbal Practice as the only true and philosophical foundation of the Healing Art. Amidst all the jarrings, conflicts and dogmas of the medical world, is it any wonder that the great masses are losing all confidence in Medical Science, and crying for a more natural system of medication or more natural therapeutic and prophylactic method of treating mankind. Just such a system has been in process of development during the beginning of the present Century. For consummating this work we are indebted to Dr. John E. Lydon, President of the American Sanapractic Association, perhaps more than to any one man whose ceaseless efforts have rewarded him with success, in organizing and establishing an institution that stands for; and teaches Herbal as well as other natural therapeutics. The remedial methods advanced

through this association are so simple, logical, natural and effectual that the general public, including many of the old medical fraternity are gradually becoming convinced of its real importance and future growth, and I, for one, predict that within a reasonable number of years, all methods of natural treatments practiced by the association, will become the prevailing and perhaps the only therapeutics in vogue throughout the entire world.

From the foregoing brief history of therapeutics, in practice from ancient times, until the present, it may be seen, that the administration of the juices and essences of Herbs and Plants, in all forms of disease, has ever been considered by judicious and philosophical minds, as the most rational and natural means of relieving the organism of all abnormal obstructions and derangements, and restoring all the functions to their original or primitive and healthful state. Notwithstanding the innovations of the mineral practice, I have ever held most rigidly to the Herbal system of medication for internal treatment. I have devoted many years of study and experiments into the physiology of plants, especially as they might bear upon the health and happiness of the human being, and feel that I am qualified to recommend Herbal practice, as the safest and most effective curative, as well as prophylactic system of to-day and especially so when employed in conjunction with other various Sanipractic methods of treatment. In saying all this however, I do not deny the fact that many mineral substances enter into the composition of the human being, and are necessary

for his full health and perfection—as chalk or lime is requisite to form bone, iron to enrich the blood, and other mineral substances for the formation of the tissues, as phosphorus, for the tissue of the brain and the nerves, etc.,—but I stoutly contend that all such inorganic substances are taken up by plants and of the human being, either in the way of food distributed to the various tissues and elements or medicine, in exactly the precise quantity requisite to man's perfect health, if rightly used, neither in excess or diminution, agreeable to the laws of nature; and their virtues are thus prepared and eliminated in a way, far superior to any chemical manipulation ever conceived or known to man, with all the elements of chemical science at his hand.

From the many facts existing, we **must** believe there is not a single disease in man, that may not have its remedy or cure in some herb or other. If we but knew **which** plant, and **where** to find it in this or that, or any clime or portion of the world—agreeable to the providence of Nature. This fact or law is proven in the lower animal kingdom. Who has not often seen, not only our familiar domestic animals, but many of the untamed creatures of the forest, fields and air, seek out some one or particular herb, when laboring under some sickness or derangement of the functions of its organism?

Truly, Nature has wisely implanted a definite instinct in every organic creature, in order to serve for its health, or for its restoration to health, from disease. In man alone, however, such instinct is not so plainly mark-

ed, but to him has been given, reason and judgment, and (in some few of the race), a disposition to investigate laws and mysteries of creation, in order to secure his own highest health and perfection, and to find the means for the healing of his kind, when they have become diseased, through ignorance perversion and violation of the immutable ordinances of creation.

As the proverb says, "There are sermons in stones, books in running brooks," so do we behold volumes of wisdom, in all the Herbal Kingdom—in every emerald and variegated leaf, in every tinted blossom—in **all**, there is a voiceless language, eternally singing significant psalms in praise of "Him who doeth all things well."

From what has been seen and learned up to the present time it is evident that all herbs, perhaps, possess some property having a remedial action suitable for the relief or cure of some disease. These virtues may be found in the root of one plant, in the bark of another, in the blossoms of another, in the seeds of another, or in the whole combined. Thus it is possible that some therapeutic property, or other, may be derived from every plant grown on the face of the globe.

The Red Men, of the American Forests, were never at a loss to know, which plant was best for certain ailments, nor the time it should be gathered to be most effective, to cure them of disease. They knew how to treat their complaints in physic, surgery and midwifery, with a skill that far surpasses that of many a learned doctor of the big medical

schools, with all their sciences and the medical teachings of physicians, for upwards of 4,000 years. What other guide had the poor Indians—those untutored savages of the woods and plains—but their reason and instinct, their practical experience in the use of herbs?

This is the same in the East Indies, South America, South Sea Islands, Patagonia, Africa and other lands. The negro in the interior parts of Africa, possesses a knowledge of the medical properties of plants, which is really surprising, and in consequence, is rarely afflicted by disease. The art of healing in Sumatra, consists of application of plants, in whose medicinal virtues the natives are surprisingly skilled. In fact the Sumatrans have a degree of botanical knowledge that surpasses the European or American. They become acquainted, at an early age, not only with the names but the qualities and properties of every shrub and herb among that exuberant variety, with which their country abounds.

In gathering herbs for medicinal purposes, we should not only know the season, when they should be gathered and culled, but we should be qualified to comprehend the principles of which the plant is composed—whether they be resins, alkaloids or neutrals—and be able also to separate the one ingredient or element from the other, as a distinct medicinal property or combine the whole for the purpose of a compound medicinal agent.

To understand these constituent elements of plants, and to be able to adapt them to the cure of all forms of disease, requires persis-

tent study and practical experience, to gain the knowledge of their therapeutic properties, physiological action, etc.

In this book will be found many valuable suggestions, to guide and aid one in the search for this required knowledge; and if it will succeed in pointing the way for at least one, or more, it will not have been written in vain.

Part II.

BOTANIC MATERIA MEDICA

Botanical roots, herbs, barks, etc., which are employed in the treatment and prevention of disease, belong to the Botanic Materia Medica. It shall be our purpose in this chapter to acquaint the reader with only the standard or most commonly used non-poisonous botanicals. As very few people are interested in the description and habitat of the plant itself, we purposely omit such description as non-essential. However, we shall endeavor to describe their therapeutic properties, physiological action, diseases in which they are indicated, doses, parts used, common and botanical names, etc., which constitutes the only practical and essential knowledge required by the practitioner or user. There is not a plant, weed or herb growing but what contains more or less therapeutic properties of some kind, description of which would necessitate the printing of many volumes, therefore do not class or consider an herb worthless because it is not given mention in this work.

NOTICE

Botanicals marked thus * are poisonous or narcotic in large doses. They should be employed by physicians only, and exceeding care must be taken not to exceed the doses as designated. They are given mention here principally for their anodyne and healing properties in the treatment of various external affections.

ALTHEA (*Althea Officinalis*)

Common Names—Sweet Weed, Wymote, Marshmallow.

Parts Used—The root.

Therapeutic Properties and Uses—It is demulcent, sedative and diuretic. Used extensively to relieve irritation of the urinary tracts and also for pulmonary catarrh. It serves to subdue heat and irritation generally and if applied externally in the form of a poultice or otherwise, it diminishes pain and soreness of inflamed parts.

Dose—See general directions, page 124.

ALOES (*Aloe Sacatrinai*)

Parts Used—The inspissated juice of the leaves, powder form.

Therapeutic Properties and Uses—A slow operating but certain cathartic, having a peculiar affinity for the large intestines and especially its pelvic portion. In full doses it quickens circulation and produces general warmth. Aloes has a stimulating effect on the stomach and hepatic secretions. It has a decided tendency to the uterine system. Its emmenagogue effect, which is often very considerable, has proven most valuable in the treatment of amenorrhea and other female ailments. Aloes is a most valuable herb when properly compounded with others in the treatment of habitual costiveness and chronic constipation.

Dose—The medium dose is ten (10) grains, but as a laxative it will often operate if but two (2) or three (3) grains are used. On

account of its bitterness and nauseous taste it is best taken in tablet form.

ALETRIS (*Aletris Farinosa*)

Common Names—Star Grass, Colic Root, Unicorn, Crow Corn.

Parts Used—The star leaves attached immediately to the root.

Therapeutic Properties and Uses: The star-like root is an intensely bitter tonic and of great utility in the treatment of dyspepsia, general or local debility, flatulant colic, hysteria, etc. It greatly strengthens the female generative organs, affording protection against miscarriage, and in chlorosis, amenorrhea, dysmenorrhea, engorged condition of the uterus, prolapsus of that organ, it is a very superior vegetable agent.

Dose—A teaspoonful of the root, cut small or granulated, steeped in one (1) cupful of boiling water until cold. Drink one (1) cupful during the day, a good mouthful at a time. Of the powder use one-third of a level teaspoonful mixed in one-half of a cupful of warm water three (3) times a day.

ALDER, TAG (*Alnus Glutinosa*)

Common Names—Tag Alder, Smooth Alder.

Parts Used—The bark, leaves and berries.

Therapeutic Properties and Uses—It is considered a tonic, alterative and astringent. Very beneficial in jaundice, diarrhea, gangrene, dropsy and all diseases attended with great weakness. Various herbalists have recommended Tag Alder in the treatment of scrofula, secondary syphilis and cutaneous diseases. A strong decoction forms an excellent local

application for gangrene, indolent ulcers and various skin affections.

Dose—A teaspoonful of the crushed bark to a cupful of boiling water. Of the powdered bark one-half of a level teaspoonful mixed in a cup of warm water. Drink cold one (1) or two (2) cupfuls a day.

ANGELICA (*Angelica Atropurpurea*)

Common Names—Masterwort, Archangel.

Parts Used—Root, herb and seed.

Therapeutic Properties and Uses—It is aromatic, stimulant, carminative, diuretic and emmenagogue. Very useful in the treatment of general debility, makes the heart merry, drives away melancholy and quickens the spirits. Serviceable in diseases of the urinary organs, also in flatulent colic and heartburn.

Dose—See general directions, page 124.

ANISE (*Pimpinella Anisum*)

Parts Used—The seed and fruit.

Therapeutic Properties and Uses—Aromatic, stimulant and carminative. It is primarily used in cases of flatulency, colic of infants and to remove nausea. It is also a valuable addition to other herb formulas to improve their flavor, correct griping and other disagreeable effects.

Dose—See general directions, page 124.

*** ARNICA** (*Arnica Montana*)

Parts Used—Flowers, root, and rhizome.

Therapeutic Properties and Uses—When taken in sufficient doses, arnica acts as an irritant to the stomach and bowels often producing an emetic and cathartic effect and is

said by Bergius to be diuretic, diaphoretic and emmenagogue. It has been recommended in chronic catarrh of the old, intermittent fever and its sequelae, dysentery, diarrhea, nephritis, gout, rheumatism, passive hemorrhages, dropsy, chlorosis, amenorrhea and various other complaints. In strong decoction for external use arnica serves as a healing agent for sores, wounds, bruises, etc. May be mixed and applied in the form of a salve. Arnica is capable of acting as a poison in overdoses causing burning in the stomach, violent abdominal pains, intense headache and great nervous disturbance, with in some cases, marked reduction in the pulse-rate and finally collapse.

Dose—One (1) oz. of the flowers steeped in a pint of boiling water. Strain thru linen cloth. One (1) to two (2) teaspoonfuls may be taken every three (3) hours or as required.

BAYBERRY (*Myrica Cerifera*)

Common Names—Wax-myrtle, Caxberry, Myrtle, Candleberry.

Parts Used—Bark of the stem and root.

Therapeutic Properties and Uses—The bark is moderately tonic and astringent, and in large doses emetic. It is successfully employed in jaundice, diarrhea, dysentery, scrofula and other ailments where astringent tonics are indicated. Externally the powdered bark is used as a stimulant to indolent ulcers and also as a snuff, with curative effect, in nasal catarrh. Combined with blood root it is sometimes used with good results in the form of a poultice for old sores, ulcers, tumors, etc.

Dose—See general directions, page 124.

BALMONY (*Chelone Glabra*)

Common Names—Turtlebloom, Snakehead, Turtlehead, Salt Rheum weed.

Parts Used—The herb.

Therapeutic Properties and Uses—It is tonic, cathartic, anthelmintic, and depurative. Especially servicable in jaundice and liver troubles, to remove worms, and to excite the digestive organs to proper action. During convalescence from febrile and inflammatory diseases an ointment made from the fresh leaves is valuable for inflamed breasts, tumors and painful ulcers, etc.

Dose—See general directions, page 124.

BARBERRY (*Barberis Vulgaris*)

Common Names—Saurberry, Sowberry.

Parts Used—Bark or root.

Therapeutic Properties and Uses—It is tonic, laxative and hepatic. Indicated in the treatment of jaundice, chronic diarrhea and dysentery, also found serviceable as a wash or gargle for sore mouth and chronic ophthalmia.

Dose—See general directions, page 124.

BEARBERRY (*Uva Ursi*)

Common Names—Arberry, Upland Cranberry.

Parts Used—The leaves.

Therapeutic Properties and Uses—*Uva Ursi* is astringent and tonic and is of special benefit to the urinary organs, for the complaints of which it is chiefly used. It has acquired some reputation as an antilithic and is serviceable in gravel and in preventing the accumulation of principals calculated to produce a

secretion or precipitation of calculous matter. In chronic nephritis it is also a popular remedy and is particularly recommended when there seems to be the existence of ulceration in the kidneys, bladder or urinary passages. It has proven very serviceable in inflammations and catarrh of the bladder, mucous discharges, incontinence of urine, leucorrhea, menorrhea and all derangements of the water passages. Many physicians depend upon it as a principle ingredient in the treatment of gonorrhea, gleet of long standing and accompanied by mucous discharges.

Dose—See general directions, page 124.

BETH ROOT (*Trillium Pendulum*)

Common Names—Wake Robin, Indian Balm, Birthroot, Snakebite.

Parts Used—The root.

Therapeutic Properties and Uses—It is tonic, expectorant, antiseptic, and astringent. It is successfully used in bleeding from the lungs, kidneys and womb, excessive menstruation, leucorrhea, cough, asthma and hectic fever. Recommended to promote parturition. A poultice made of the root is excellent in the treatment of tumors, ulcers, old sores, etc. and to restrain gangrene.

Dose—See general directions, page 124.

*** BITTER ROOT** (*Apocynum androsaemifolium*)

Common Names—Dogbane, Milkweed, Flytrap, Honey Bloom.

Parts Used—The root.

Therapeutic Properties and Uses—It is emetic, tonic, diaphoretic, diuretic and laxative. It is very valuable in all liver or chronic

hepatic affections, scrofula, syphilis, rheumatism, dyspepsia, amenorrhea, intermittent and low stage typhoid fever; also useful in expelling worms; acts on the kidneys and bowels.

Dose—One (1) teaspoonful of the root to one (1) pint of boiling water. When cold drink two (2) or three (3) tablespoonfuls four (4) to six (6) times a day.

BIRCH (*Betula Lenta*)

Common Names—Sweet Birch, Cherry Birch, Mountain Mahogany.

Parts Used—Bark and leaves.

Therapeutic Properties and Uses—The bark is aromatic and anti-rheumatic and is the part most used. However the leaves as well as the bark are used with excellent effect in diarrhea, dysentery, cholera infantum and to give tone to the bowels after exhausting discharges. Useful to purify the blood and promote the discharge of urine and to expel worms.

BITTER SWEET (*Solanum Dulcamara*)

Common Names—Woody Nightshade, Garden Nightshade, Wolf Grape, Felonwart, Violet Bloom.

Parts Used—Herb, bark of root and twigs.

Therapeutic Properties and Uses—A mild narcotic, diuretic, alterative, diaphoretic and discutient. Very serviceable in cutaneous diseases; increases the secretion of the kidneys and skin. Employed with marked results in the treatment of sphilitic diseases, scrofula, jaundice, obstructed menstruation, indurations, rheumatic affections, sores and glandular swelling etc. Regarded as one of the most important plants of the herbal kingdom.

Dose—See general directions, page....

BLUE COHOSH (*Caulophyllum Thalic-troides*)

Common Names—Papoose Root. Squaw Root.

Parts Used—The root.

Therapeutic Properties and Uses—It is emmenagogue, antispasmodic and parturient, principally. It also possesses diuretic, diaphoretic, and anthelmintic properties. Very highly extolled as a remedy for female troubles, suppression of the menses etc.; as a parturient it has proved invaluable, and is a favorite remedy for chronic uterine diseases. Also used in dropsy, cramps, colic, hysteria and palpitation of the heart.

Dose—See general directions, page 124.

BLUE FLAG (*Iris Versicolor*)

Common Names—Flag Lily, Water Flag, Liver Lily, Snake Lily.

Parts Used—Root and rhizome.

Therapeutic Properties and Uses—Blue Flag is a most valuable plant capable of extensive use. It is alterative, cathartic, sialagogue, vermafuge and diuretic; a potent remedy when combined with other herbs indicated in the treatment of dropsy, scrofula, disorders of liver, spleen and kidneys, secondary syphilis and kindred ailments. It will sometimes salivate, but it need cause no apprehension. It may be distinguished from mercurial salivation by the absence of stench sponginess of the gums and loosening of the teeth.

Dose—One (1) teaspoonful of the root to

one (1) pint of boiling water. Drink when cold two (2) or three (3) tablespoons before and after each meal.

BLADDERWRACK (*Fucus Vesiculosus*)

Common Names—Seawrack, Bladder Fucus.

Parts Used—The dried plant.

Therapeutic Properties and Uses—It is anti-fat; also considered alterative and tonic. An unsurpassed remedy for obesity; used with good results in case of scrofula, goitre, and all glandular affections; acts on the kidneys and relieves that distressing feeling of "stiffness."

Dose—See general directions, page 124.

BLACK HAW (*Viburnum Prunifolium*)

Common Names—Stagbush, Sheepberry, Sloe.

Parts Used—The bark of the root.

Therapeutic Properties and Uses—Dr. D. L. Phares, who first called the attention of the profession to this herb, affirms that it is nervine, antispasmodic, astringent, diuretic and tonic, and is especially useful in the nervous disease of pregnancy and in the prevention of miscarriage. Later it has been proven a most valuable herb in the treatment of various female complaints including dysmenorrhea, after-pains, ovarian irritation, etc.

Dose—See general directions, page 124.

BLACK COHOSH (*Cimicifuga Racemosa*)

Parts Used—The root.

Therapeutic Properties and Uses—A very effective and reliable remedy in many ailments; slightly narcotic, sedative and anti-

spasmodic. It is much used in the treatment of rheumatism, dropsy, epilepsy, fits, St. Vitus' dance, convulsions, asthma, delirium tremens, nervousness and other spasmodic affections; also valuable in uterine diseases, female complaints, palpitation of the heart and exerts a marked influence over the entire nervous system.

Dose—See general directions, page 124.

BLOOD ROOT (*Sanguinaria Canadensis*)

Common Names—Redroot, Red Puccoon, Tetterwort.

Parts Used—Root.

Therapeutic Properties and Uses—In small doses Blood Root acts as a tonic and stimulant to digestive organs, and in large doses it is an arterial sedative. It is a very useful remedy for coughs, colds, bronchitis and all the affections of the respiratory organs. Applied externally either in the form of an ointment, decoction or powder it has proven very effective in the treatment of skin diseases, fungous growths, ulcers, cancers, old sores, etc.

Dose—One (1) level teaspoonful of the root to one (1) pint of boiling water. When cold strain and take one (1) teaspoonful before and after meals.

BLESSED THISTLE (*Carduus Benedictus*)

Common Names—St. Benedict Thistle, Spotted Thistle, Cardin.

Parts Used—Leaves and flowering tops.

Therapeutic Properties and Uses—It is tonic and diaphoretic. Taken cold in moderate doses it is a mild tonic to the stomach; and,

if taken in large doses, it acts as an emetic when taken hot it produces copious perspiration.

Dose—See general directions, page 124.

BLUE VERVAIN (*Verbena Hastata*)

Common Names—Wild Hyssop, Simpler's Joy, American Vervain.

Parts Used—The herb.

Therapeutic Properties and Uses—Vervain is expectorant, vulnerary, sudorific and tonic. It is much used for its quieting and easing effect; a valuable remedy for all diseases of the spleen and liver. The warm infusion is remarkable in its cure of intermittent fevers, colds, la grippe, etc.; also valuable in case of female complaints, obstructed menses, gravel, worms and scrofula, weak circulation, shortness of breath, etc. It is prized by some herbalists as a remedy for epilepsy and fits. Externally it is healing to sores.

Dose—Make infusion and drink freely.

BLACK ROOT (*Veronica Virginica*)

Common Names—Culver's Root, Culver's Physic, Tall Speedwell.

Parts Used—The root.

Therapeutic Properties and Uses—Black Root is cathartic, cholagogue and tonic. It is a valuable laxative and tonic in febrile diseases, bilious and liver complaints, removing bile from the system. It is also used for constipation, many forms of indigestion, dyspepsia, diarrhea, dysentery, etc. and a valuable ingredient in many preparations.

Dose—See general directions, page 124.

BONESET (*Eupatorium Perfoliatum*)

Common Names—Thoroughwort, Indian Sage, Ague Weed.

Parts Used—Herbs, tops, leaves.

Therapeutic Properties and Uses—Boneset is one of our most popular herbs and is a very valuable remedy for many diseases. The cold infusion is tonic and aperient; the warm infusion diaphoretic and emetic. A most valuable remedy for breaking up colds and fevers; also useful in the treatment of dyspepsia, jaundice, fever and ague, and general debility of the system. Externally a fomentation of the leaves applied to the bowels is very efficient in inflammation, spasms and other painful affections.

Dose—Steep one (1) heaping teaspoonful of the herbs in a pint of boiling water for thirty (30) minutes, strain and take one (1) tablespoonful three (3) to six (6) times during the day.

BROOM (*Cytisus Scoparius*)

Common Names—Irish Broom, Link, Ban-nal

Parts Used—Tops.

Therapeutic Properties and Uses—Broom tops act powerfully on the kidneys, increasing the flow of urine. It is especially useful in the treatment of dropsy. Combined with Cleavers and Uva Ursi is sure to increase the flow of urine; also beneficial for cleansing kidneys and bladder and in cases of gravel.

Dose—See general directions, page 124.

BUGLE WEED (*Lycopus Virginicus*)

Common Names—Water Bugle, Gypsywort.

Parts Used—The herb.

Therapeutic Properties and Uses—It is tonic, astringent, sedative and mild narcotic. Useful in diminishing the frequency of pulse, quieting irritation, and also valuable in diabetes, phthisic and lung troubles, bronchitis, and in chronic diarrhea, dysentery, hemorrhages, etc.

Dose—See general directions, page 124.

BUCKBEAN (*Menyanthes trifoliata*)

Common Names—Bog Bean. Marsh Trefoil. Water Shamrock.

Parts Used—The root and leaves.

Therapeutic Properties and Uses—It is considered tonic, alterative and purgative. In large doses it is emetic. It improves digestion and promotes and improves the gastric juices. Valued as a remedy for stomach catarrh; excellent in case of rheumatism, scrofula, scurvy, intermittents, jaundice, dyspepsia and worms.

Dose—See general directions, page 124.

BUCHU (*Barosoma Crenata*)

Common Names—Bookoo, Buchu, Buku.

Parts Used—Leaves.

Therapeutic Properties and Uses—Buchu is aromatic, stimulent, diuretic and diaphoretic. It is considered one of the best known remedies for soothing the irritation of the urinary organs; is employed in dyspepsia with palliative effect, and is also valuable in the treatment of diabetes, incontinence of urine, Uric acid gravel, painful urination and catarrh of the bladder.

Dose—See general directions, page 124.

BUTTON SNAKE ROOT (*Liatris Spicata*)

Common Names—Gay Feather, Devil's Bit, Colic Root, Rattlesnake Master.

Parts Used—The root.

Therapeutic Properties and Uses—It is diuretic, stimulent, diaphoretic and expectorant. It is said to be aphrodisiac, exciting venereal desires and strengthening the precreative organs. Very valuable in scrofula, menstrual irregularities, gleet, etc.; also in dropsy, bright's disease and diabetes when combined with other herbs indicated in their treatment. Used externally and internally it is recommended for the bites of snakes and insects.

Dose—See general directions, page 124.

BUCKTHORN (*Rhamnus Frangula*)

Common Names—Purging Buckthorn, Bird Cherry, Arrow-wood.

Parts Used—The bark.

Therapeutic Properties and Uses—It is purgative, tonic, and diuretic. One of the most effective remedies known for chronic constipation, serving to keep the bowels regular. The bark loses its irritating properties with age and should not be used until it is at least one year old. It is also used in cases of gout, rheumatism, dropsy and in eruptive cases to clear the skin. In the form of an ointment it is effective in parasitic effections of the skin.

Dose—One (1) teaspoonful of the bark to one (1) cup of boiling water. Drink cold during the day, a large mouthful at a time.

BURDOCK (*Arctium Lappa*)

Common Names—Clotbur, Hardock, Bardana, Burr Seed.

Parts Used—Root, leaves, and seed.

Therapeutic Properties and Uses—It is diaphoretic, alterative, aperiant, depurative and diuretic. The root is considered one of the best blood purifiers in the treatment of scorbutic, syphilitic, scrofulous and leprous diseases, eliminating very rapidly any impurities or poisons from the blood. It is very useful in rheumatism, gout, pulmonary catarrh and urinary deposits. Externally it is valuable in ointments or as a wash for eruptions, burns, wounds, hemorrhoids and swellings.

Dose—See general directions, page 124.

CALAMUS (*Acorus Calamus*)

Common Names—Sweet Flag. Sweet Grass.

Parts Used—The root.

Therapeutic Properties and Uses—Carminative, tonic and stimulant; improves the gastric juice and sourness from the stomach. It is also used for chlorosis, scurvy, gout and dropsy; especially in fevers. Regularly taken it will often prevent the returning of intermittent fever in marshy regions. I consider it a most valuable ingredient for various stomach troubles.

Dose—See general directions, page 124.

CAPSICUM (*Capsicum Fastigiatum*)

Common Names—Red Pepper. Cayenne Pepper.

Parts Used—The pods.

Therapeutic Properties and Uses—It is a powerful stimulant, stomachic and counter-

irritant; produces when swallowed a sense of heat to the stomach and a general glow over the whole body; aids digestion, and is very useful in cases of enfeebled and languid stomach, dyspepsia, atonic gout, etc. Its most important applications, however, is in the treatment of malignant sore throat and scarlet fever, in which it is used both internally and as a gargle. Applied externally capsicum is a powerful rubefacient, very useful in local rheumatism and in forms of disease where a stimulant impression upon the surface is demanded. It may be applied in the form of a poultice. It has the advantage of acting speedily without endangering vesication.

Dose—Of the powder five (5) to ten (10) grains. Of the infusion one (1) half cupful.

CASCARA SAGRADA (*Rhamnus purshiana*)

Common Names—Chittam Bark. Sacred Bark. Cascara.

Parts Used—The bark.

Therapeutic Properties and Uses—Cascara is a reliable old Indian remedy. The bark should be at least one (1) year old before using; it improves with age. It is laxative, tonic, febrifuge; increases secretions of the stomach, liver and pancreas. It is used almost exclusively and is one of the best remedies for the treatment of constipation; also very serviceable in cases of gallstones.

Dose—One (1) teaspoonful of the ground bark steeped in one (1) cupful of boiling water. Strain and drink cold during the day, a large mouthful at a time.

CANADA SNAKEROOT

(*Asarum Canadense*)

Common Names—Wild Ginger. Vermont Snakeroot. Indian Ginger.

Parts Used—The root.

Therapeutic Properties and Uses—It is aromatic, carminative, tonic, stimulant, expectorant and diaphoretic. In combination with peppermint and sassafras it forms an agreeable remedy for wind colic. Very valuable in colds, amenorrhea and pains in the stomach.

Dose—One (1) heaping teaspoonful of the ground root to one (1) pint of boiling water, strain and take a mouthful as required.

CATNIP (*Nepeta cataria*)

Common Names—Catmint, Catrup, Nip.

Parts Used—The whole herb.

Therapeutic Properties and Uses—Catnip is carminative, tonic, stimulant, diaphoretic and antispasmodic in hysteria, colic, amenorrhea, emmenagogue. One of the best remedies for wind colic, especially in children and infants; produces gentle sleep. Also used extensively for febrile, nervous and infantile diseases and to restore menstrual secretions. Cats are very fond of it and eat it for its aphrodisiac effect.

Dose—See general directions, page 124.

CELENDINE (*Chelidonium Majus*)

Common Names—Great Celendine. Garden Celendine. Tetterwort.

Parts Used—Herb and root.

Therapeutic Properties and Uses—It is stimulant, alterative, diuretic, diaphoretic, purgative, astringent and vulnerary. Used in scrofula, cutaneous diseases, piles and affec-

tions of the spleen. Combined with butternut bark, as a purgative, it removes bile from the liver. It is principally used in the form of an ointment, in which form it is an almost certain cure for piles and hemorrhoids; also excellent for eczema, ringworm, fungus growths, old and dangerous sores, indolent ulcers, etc. As a vulnerary celendine is superior to arnica.

Dose—Steep one (1) level teaspoonful of the granulated herb in one (1) cup of boiling water, strain and drink cold one (1) cupful during the day.

CELERY (*Apium Graveolens*)

Common Names—Smallage. Garden Celery.

Parts used—The root and seed.

Therapeutic Properties and Uses—Celery is aromatic, stimulant, antispasmodic, diaphoretic and diuretic. Much used in dropsical and liver troubles, incontinence of urine, nervous debility, rheumatism and neuralgic pains generally.

Dose—Of the powdered seed fifteen (15) grains is a dose and of the ground root see general directions, page 124.

CENTAURY (*Sabbatia Angularis*)

Common Names—Rose Pink. Bitter Bloom. Bitter Clover.

Parts Used—The herb.

Therapeutic Properties and Uses—It is an excellent tonic, useful in autumnal febrile diseases, both as a preventative and as a remedy. Serviceable as a bitter tonic in dyspepsia and convalescence from fevers. In warm infusions it expels worms and also

serves to restore or regulate the menstrual flow.

Dose—See general directions, page 124.

CHAMOMILE (*Anthemis Nobilis*)

Common Names—Whig Plant. Garden Chamomile. Low Chamomile.

Parts Used—Flowers.

Therapeutic Properties and Uses—It is a mild tonic and nervine in small doses; in large doses capable of acting as an emetic. Highly recommended for dyspepsia, weak stomach intermittent and typhus fevers, hysteria and nervousness. A most agreeable stomach tonic, increases the appetite, relieves gas, and favors perspiration and the action of the kidneys.

Dose—See general directions, page 124.

CHARCOAL (*Carbo Ligni*)

Common Names—Wood Charcoal. Vegetable Charcoal.

Parts Used—The wood deprived of its bark and reduced to charcoal.

Therapeutic Properties and Uses—Powdered charcoal is disinfectant and absorbent. It is employed with effect in diarrhea as an absorbent and in dyspepsia with fetid breath and eructations. It is also useful in the form of injections in putrid discharges from the uterus. As a remedy in obstinate constipation it is recommended very highly. It is used a great deal both as a disinfectant and absorbent in various poultices.

Dose—Five (5) to ten (10) grains.

CHICORY (*Cichorium Intybus*)

Common Names—Wild Succory.

Parts Used—The root.

Therapeutic Properties and Uses—It is deobstruent and bitter tonic; said to purify stomach, liver, spleen and kidneys; also used for jaundice, etc. and is strengthening to a weak stomach.

Dose—See general directions, page 124.

CHOCOLATE ROOT (*Geum Rivale*)

Common Names—Throat Root. Avens Root. Water Avens Root.

Parts Used—The root.

Therapeutic Properties and Uses—It is tonic, astringent, febrifuge. It is one of the best remedies for hemorrhage, dysentery and chronic diarrhea, leucorrhea and other female complaints; also valuable in dyspepsia, pulmonary affections, congestions of the abdominal viscera, etc.

Dose—Drink one-half cupful of the infusion (see general direction, page) upon retiring or take a mouthful four (4) to eight (8) times a day.

CINCHONA (*Cinchona Succirubra*)

Common Names—Peruvian Bark, Red Bark, Jesuit's Bark.

Parts Used—The bark.

Therapeutic Properties and Uses—It is a febrifuge and antiperiodic surpassed by none. It is also a bitter tonic and astringent to a moderate degree. Externally it is antiseptic and is of great value when applied to gangrenous ulcerations, or used as a gargle and wash in erysipelas, ulcerated sore throat,

mouth, etc. When taken internally it imparts a sensation of warmth to the stomach which gradually spreads over the whole body: the pulse becomes stronger and is accelerated and the various organs are stimulated. It is indicated in ordinary cases of dyspepsia, general debility and in all febrile, eruptive and inflammatory diseases in whatever stage they may be. In cases of night-sweating or great feebleness it is valuable.

Dose—Steep one (1) teaspoonful of the bark in one (1) cup of boiling water for thirty (30) minutes. Strain and drink, hot or cold, one-half cupful upon retiring. Or take an occasional mouthful during the day. One (1) to two (2) cupfuls may be taken.

CLEAVERS (*Galium aparine*)

Common Names—Goose Grass. Bedstraw. Catchweed. Cleaverwort.

Parts Used—The herb.

Therapeutic Properties and Uses—It is refrigerant and diuretic. The expressed juice is said to be aperient, diuretic and anti-scorbutic, and has been used in dropsy, congestion of the spleen, scrofula, scorbutic eruptions and lepra. It is considered a very effective remedy for kidney and bladder troubles, inflammation of these organs, suppression of urine and in the scalding of urine in gonorrhea; largely used in combination with broom, uva ursi, and buchu.

Dose—See general directions, page 124. May be used freely.

COTTON ROOT (*Gossypium Herbaceum*)

Common Names—Cotton Plant.

Parts Used—Bark of the root.

Therapeutic Properties and Uses—It is emmenagogue and hemostatic. A most excellent remedy for diseases of the utero-genital organs, in which it seems to evince its sole remedial virtues. It is truly a wonderful uterine tonic, invaluable in sterility, vaginitis, leucorrhea, green sickness, menstrual irregularities; and in cases of difficult parturition its use is advised instead of ergot, since it is declared to promote uterine contractions quite as efficiently and without the bad after effects. Recommended for use by experienced hands only.

Dose—Of the infusion three (3) to six (6) tablespoonfuls may be taken throughout the day.

CORN SILK (*Zea Mays*)

Common Names—Maize Silk.

Parts Used—Dried Silk.

Therapeutic Properties and Uses—Corn Silk is sedative, diuretic, lithontryptic, demulcent, anodyne and alterative. It is particularly valuable in disorders of the genito-urinary passages and bladder; also in uric or phosphatic gravel. It is serviceable in dropsy.

Dose—See general directions, page 124.

COLTSFOOT (*Tussilago farfara*)

Common Names—Coughwort. Foalsfoot. Bullsfoot. Butter Bur.

Parts Used—The leaves.

Therapeutic Properties and Uses—It is emollient, demulcent and slightly tonic. Very valuable in coughs, colds, asthma and pulmonary affections of every kind, being sooth-

ing and healing to the lungs. It is also useful in scrofula and scrofulous tumors etc. Pulverized and used as a snuff in cases of giddiness and severe headache it is of great benefit.

Dose—See general directions, page 124.

Drink a good mouthful three (3) times a day.

COMFREY (*Symphytum officinale*)

Common Names—Gum plant. Healing herb. Brusewort. Knitback.

Parts Used—The root.

Therapeutic Properties and Uses—It is chiefly demulcent and slightly astringent. May be advantageously used for all purposes to which the marshmallow is applied. It is greatly esteemed as a remedy for catarrh, consumption and pulmonary troubles, and also for diarrhea and dysentery, leucorrhea and female debility. An excellent application for fresh wounds, sores, burns and bruises.

Dose—See general directions, page 124.

COUCH GRASS (*Triticum Repens*)

Common Names—Knot Grass. Dog Grass. Quick Grass. Witch Grass.

Parts Used—The Rootstock.

Therapeutic Properties and Uses—Couch Grass is diuretic, aperient, demulcent and vulnerary. Useful in cystitis, irritable bladder, gravel, jaundice, bronchitis, skin diseases, gout; it relieves thirst and allays fever, promotes urination. Large and frequent doses are considered a blood purifier. May be used freely.

Dose—See general directions, page 124.

COLOMBO (*Cocculus palmatus*)

Common Names—Jalumb. Calumbo. Calamba Root.

Parts Used—The root.

Therapeutic Properties and Uses—It is highly esteemed as a tonic and appetizer, giving tone and strength to the system. In dyspepsia, chronic diarrhea and dysentery as well as in convalescence from febrile and inflammatory diseases it can hardly be surpassed as a remedial agent.

Dose—See general directions, page 124.

CRAWLEY (*Corallorhiza Odontorhiza*)

Common Names—Chickentoe. Coral Root. Dragon's Claw.

Parts Used—The root.

Therapeutic Properties and Uses—Crawley is considered, and is probably the most powerful, prompt and certain diaphoretic in the *Materia Medica*. It is also sedative and promotes perspiration without producing any excitement in the system. Its chief value is as a diaphoretic in fevers, especially in typhus and inflammatory diseases. It has proven effectual in acute erysipelas, cramps, flatulency, pleurisy and night sweats. Its virtues are especially marked in the low stages of fevers.

Dose—See general directions, page 124.

If, however, it is to be used as a diaphoretic, a cupful of the infusion as hot as can be borne may be taken upon retiring.

CRAMP BARK GENUINE

(*Viburnum Opulus*)

Common Names—Squaw Bush. High Cranberry.

Parts Used—The bark.

Therapeutic Properties and Uses—It is a powerful antispasmodic and uterine sedative. It is very effective in cramps and spasms of all kinds, as asthma, hysteria, cramps of females during pregnancy, preventing the attacks entirely if used daily for the last two or three months of gestation.

Dose—See general directions, page 124.

CUBEB BERRIES (*Piper Cubeba*)

Common Names—Java Pepper. Tailed Pepper.

Parts Used—The berries.

Therapeutic Properties and Uses—It is a mild stimulant, diuretic, expectorant, stomachic and carminative. Acts particularly upon mucous tissues and arrests excessive discharges, especially from the urethra. It exercises an influence over the urinary apparatus, rendering the urine a deeper color. It is successfully employed in gonorrhea, gleet, leucorrhea, chronic bladder diseases, bronchial affections and atony of the stomach and bowels.

Dose—Steep one (1) teaspoonful of the berries in one (1) cupful of boiling water for thirty (30) minutes. Strain and drink one-half cupful—hot or cold—upon retiring, or take a mouthful three (3) or four (4) times a day.

DAMIANA, MEXICAN

(*Turnera Aphrodisiaca*)

Common Names—Damiana.

Parts Used—The leaves.

Therapeutic Properties and Uses—Damiana

is stated to be a powerful aphrodisiac and is also stimulant and tonic and slightly aromatic. It is recommended as a general tonic to the reproductive organs.

Dose—**One** (1) ounce of the leaves in the form of infusion may be given daily.

DANDELION (*Taraxacum Officinale*)

Common Names—Blow Ball. Cankerwort. Lion's Tooth.

Parts Used—The root.

Therapeutic Properties and Uses—It is stimulant, tonic, hepatic and stomachic with slightly diuretic and aperient actions. The diseases to which it appears to be especially applicable are those connected with derangements of the hepatic organs, and of the digestive organs generally, removing torpor and engorgement of the liver as well as of the spleen. Its virtues, however, are over-rated to a great extent.

Dose—See general directions, page 124.

DOGWOOD (*Cornus Florida*)

Common Names—Boxwood. Dog Tree.

Parts Used—The bark.

Therapeutic Properties and Uses—It is astringent, febrifuge and tonic. An excellent substitute for Cinchona Bark. Should only be used in the dry state. Dogwood, however, exerts its best virtues in the form of an ointment. It is detergent in all inflammatory conditions, destructive to morbid growths, stimulates granulations, increases the reparative process, induces circulation of healthy blood to the parts, removes effete matter, vitalizes the tissues and speedily removes pain from

the diseased parts.

Dose—Drink half a cupful of the infusion upon retiring. One (1) to two (2) cupfuls may be taken thru the day, a large mouthful at a time.

DWARF ELDER (*Aralia Hispida*)

Common Name—Wild Elder.

Parts Used—The root.

Therapeutic Properties and Uses—It is diuretic and alterative. It is a very valuable root and used with much success in the treatment of dropsy, gravel, suppression and scalding of urine and other kidney and bladder disorders.

Dose—See general directions, page 124.

ECHINACEA (*Brauneria Pallidai*)

Common Names—Cone Flower. Sampson Root. Wild Niggerhead.

Parts Used—The root.

Therapeutic Properties and Uses—It is anti-syphilitic, alterative and depurative. It is a favorite ingredient in many blood purifying preparations; also used to promote perspiration.

Dose—Steep one (1) teaspoonful of the granulated root in one (1) cupful of boiling water for thirty (30) minutes, strain, and take a mouthful three (3) to six (6) times a day.

ELECAMPANE (*Inula Helenium*)

Common Names—Scabwort. Wild Sunflower.

Parts Used—The root.

Therapeutic Properties and Uses—It is diuretic, anodyne, tonic and stimulant; also sup-

posed to possess diaphoretic, expectorant and emmenagogue properties. It is much used in chronic pulmonary affections, weakness of the digestive organs, hepatic torpor, dyspepsia, etc. By the Ancients it was employed especially in the complaints peculiar to females.

Dose—See general directions, page 124.

ELDER (*Sambucus Canadensis*)

Common Names—American Elder. Sweet Elder.

Parts Used—The bark, berries and flowers.

Therapeutic Properties and Uses—It is diaphoretic alterative and diuretic. As an alterative is employed in rheumatism, syphilis and various chronic diseases; also a valuable remedy for dropsical affections, epilepsy, hepatic derangements, etc.

Dose—See general directions, page 124.

***ERGOT** (*Claviceps Purpurea*)

Common Names—Mother of Rye, Spurred Sweet Rye.

Parts Used—The degenerated seeds.

Therapeutic Properties and Uses—The principal use of ergot, is to promote uterine contractions, in slow, natural labors. It is also useful in checking menorrhagia, uterine hemorrhages, and to expel polypi. This is a valuable remedy to the obstetrician and midwife; but its use should not be persisted in too long, as it often produces dangerous symptoms.

Dose—Steep a heaping teaspoonful of the seed in a pint of boiling water, for about thirty minutes. One cupful may be taken during the day, cold. Ergot is poisonous in

overdoses and should only be taken upon the advice of a physician.

EYEBRIGHT (*Euphrasia Officinalis*)

Parts Used—Leaves.

Therapeutic Properties and Uses—It is slightly tonic and astringent. Useful in form of infusion or poultice, in catarrhal ophthalmia, also in mucous diseases, attended with increased discharges; coughs, hoarseness, earache, and headache, which has supervened upon catarrhal affections. It has also been recommended successful in helping epilepsy.

Dose—See general directions, page 124.

FENNEL (*Foeniculum Vulgare*)

Common Names—Fennel Seed. Sweet Fennel.

Parts Used—Seed.

Therapeutic Properties and Uses—It is aromatic and carminative. It is used principally, to flavor and correct other unpleasant herbs. It is a valuable remedy for colic in infants. Should be administered in the form of a mild infusion, every half hour, if necessary, until relieved.

Dose—See general directions, page 124.

FIGWORT (*Scrophularia Nodosa*)

Therapeutic Properties and Uses—It is alterative, diuretic and anodyne. It is highly beneficial in affections of the kidneys, liver, enlargement of the spleen, dropsy, and as a general deobstruent to the glandular system. Externally, in the form of fomentations or ointment it is valuable in bruises, inflammation and various skin affections. It is valuable for many purposes.

Dose—See general directions, page 124.

FLAX (*Linum usitatissimum*)

Parts Used—Seed.

Therapeutic Properties and Uses—It is demulcent, emollient, and expectorant. It is advantageously employed in catarrh, dysentary, nephritic and calculous complaints, strangury and other inflammatory affections, of the mucous membrane of the intestines, lungs and urinary passages. Externally, Flax-seed Meal, in combination with Elm Bark, makes an excellent poultice for sores, ulcers and abscesses.

Dose—See general directions, page 124.

FOENGREEK (*Trigonella Foenum*)

Parts Used—Seeds.

Therapeutic Properties and Uses—It is demulcent. The infusion of the seeds is useful as a gargle for sore throat, and as a cooling draught in high fevers. A poultice of the seeds, is excellent for wounds and inflammation. The seed boiled in milk, is recommended to make thin people plump. The seed, however, is employed by veterinary's principally.

Dose—See general directions, page 124.

GALANGAL (*Alpinia Officinarum*)

Common Name—Catarrh Root.

Parts Used—The root.

Therapeutic Properties and Uses—Galangal is aromatic, carminative and stimulant. It is valuable in suppressed and painful menses, colds, stomach troubles, etc.

Dose—See general directions, page 124.

GENTIAN (*Gentiana Lutea*)

Parts Used—The root.

Therapeutic Properties and Uses—Gentian is a powerful tonic. It excites the appetite, invigorates digestion, moderately increases the temperature of the body and the force of circulation, and operates in fact as a general corroborant. It enters into most of the stomachic combinations employed in modern practice. It is used with great success in cases of pure debility of the digestive organs, dyspepsia, atonic gout, amenorrhea, hysteria, scrofula, intermittent fever, diarrhea and worms, are among the many affections in which it has proved useful. Should be used in combination with other ingredients.

Dose—For Infusions, see general directions page.

Of the powder, 10 to 30 Grains.

GINSENG (*Panax Quinque folios*)

Common Names—Chinese Seng, Five fingers, Red Berry, Sang.

Parts Used—The root.

Therapeutic Properties and Uses—It is demulcent and Stomachic. It is, however, used very little in this country. The extraordinary healing virtues, formerly ascribed to ginseng, had no other existence than in the imagination of the Chinese, who employ it in almost every description of diseases of a severe character; and also as a preventative or precautionary measure against sickness.

Dose—Of the powder, 5 to 10 Grains.

GOLDEN SEAL (*Hydrastis Canadensis*)

Common Names—Hydrastis, Yellow Puc-

coon, Yellow Root.

Parts Used—The root.

Therapeutic Properties and Uses—Very diversified powers and uses have been claimed for Golden Seal; and while all admit its tonic properties, it is considered by different herbalists as aperient, alterative in its influence on the mucous membranes, cholagogue, deobstruent in reference to the glands generally, diuretic, antiseptic, etc. It has been employed in dyspepsia, jaundice, and other functional disorders of the liver. As a laxative in constipation and piles, and as an alterative in various diseases of the mucous membranes; as, catarrh, leucorrhea, gonorrhea, etc.; being used in the latter complaints, both internally and locally. It exerts especial influence upon the mucous surfaces and tissues, with which it comes in contact. By some it is used as one of the best substitutes for quinine and intermittents.

Dose—Place one teaspoonful of the powdered root in a pint of boiling water, until cold, drink, one desertspoonful three to six times a day.

GRINDELIA ROBUSTA (Grindelia Camporum)

Common Names—Gum Plant.

Parts Used—Dried leaves and flowering top.

Therapeutic Properties and Uses—It is Antispasmodic, expectorant and vulnerary. It has been found especially valuable in asthma and bronchitis, when there is a distinct tendency to dyspnoea and bronchial spasms. It seems to stimulate the bronchial

mucous membrane, as well as having anti-spasmodic influence. It is successfully employed in whooping cough, also in chronic catarrh of the bladder. As a local application, grindelia has been employed, with asserted advantage, in burns, vaginitis, genito-urinary catarrh, etc., applied either in the form of a poultice or in solution.

Dose—See general directions, page 124.

GRAVEL PLANT (*Epigaea Repens*)

Common Names—Gravel Weed, Ground Laurel, Trailing Arbutus.

Parts Used—Whole Plant, especially the Leaves.

Therapeutic Properties and Uses—It is diuretic and astringent. It has been in use by herbalists, for many years, in diseases of the urinary organs and of the pelvic viscera in general; particularly of irritated action where *Uva Ursi* and *Buchu* are indicated, such as lithic acid, gravel, etc.

Dose—See general directions, page 124.

GROUND IVY (*Glechoma Hederacea*)

Common Names—Cats Foot, Cats Paw, Carrison Flower, Field Balm.

Parts Used—Herb.

Therapeutic Properties and Uses—It is aromatic, tonic, stimulent and pectoral. It is useful in diseases of the lungs, kidneys, asthma, jaundice hypochondria, and monomania; also in lead-colic and painters, who make use of it are seldom if ever, troubled with that affection. The fresh juice, snuffed up the nostrils, often cures the most inveterate headache.

Dose—See general directions, page 124.

GUM ARABIC (*Acacia Senegal*)

Parts Used—Gum.

Therapeutic Properties and Uses—Gum Arabic is chiefly a demulcent and emulsifier. It serves to cover and sheath inflamed surfaces; and by blending with and diluting irritating matters, blunts their acrimony. Internally administered, it has been found useful in inflammation of the gastric and intestinal mucous membrane; and also for similar affections of the lungs and urinary organs.

HAIRCAP MOSS (*Polptrichium Juniperum*)

Common Names—Bears Bed, Ground Moss.

Parts Used—Whole Plant.

Therapeutic Properties and Uses—It is a powerful diuretic and very serviceable in dropsy, gravel, and urinary obstrutions. For dropsical affection in combination with hydragogue catharics it is a most effective remedy.

Dose—See general directions, page 124.

HENNA (*Lawsonia Inirmis*)

Common Names—Egyptian Privet.

Parts Used—Leaves.

Therapeutic Properties and Uses—Henna is astringent and a coloring-agent. Extensively used by females to give a golden hue to their hair and an orange color to their hands and feet. Henna is used both internally and locally, as a remedy in jaundice and leprosy and other affections of the skin.

Dose—See general directions, page 124.

HEMLOCK (*Tsufa Canadensis*)

Common Names—Tanner's Bark.

Parts Used—Bark.

Therapeutic Properties and Uses—Hemlock Bark is a powerful astringent, and can be used with great success, both externally and internally, when powerful astringents are indicated.

Dose—One cupful of the infusion (see general directions, page) may be taken cold through the day; large mouthfuls at a time.

HOPS (*Humulus Lupulus*)

Common Names—Common Hops.

Parts Used—Flowers or cones.

Therapeutic Properties and Uses—Hops are nervine, stomachic, tonic, hypnotic, febrifuge and antilithic.

They are principally used for their soothing and hypnotic action, in producing sleep, removing restlessness and abating pain. It is very valuable in nervous irritation, anxiety, exhaustion, and does not disorder the stomach. It is also useful in after pains, to prevent chordee, suppress venereal desires, etc. Fomentations with hops and cataplasms made by mixing them with some emollient substance, are often beneficial in local pains and tumefactions. Herbalists have found it very effective as an antaphrodisiac, in the treatment of gonorrhea, spermatorrhea, and other irritated conditions of the genito-urinary organs.

Dose—See general directions, page 124.

HOREHOUND (*Marrubium Vulgare*)

Common Names—Marrubium, White Horehound.

Parts Used—Herb.

Therapeutic Properties and Uses—It is expectorant, hepatic stimulent, tonic, and diuretic. Modern herbalists employ it chiefly in catarrh, and other affections of the lungs attended with cough and copious perspiration. It is much used in the form of syrup.

Dose—See general directions, page 124.

HORSETAIL RUSH (*Equisitum Arvense*)

Common Names—Cat-Tail, Hounds Tongue, Pride Weed.

Parts Used—The Plant.

Therapeutic Properties and Uses—It is diuretic and styptic. It is highly prized for kidney and bladder troubles, especially in gravel difficulties and bloody urine. Also in cases of blood vomiting, dropsy, gonorrhea, gleet and similar troubles. The decoction is also an effective wash for putrid wounds and ulcers.

Dose—See general directions, page 124.

HORSE NETTLE (*Solanum Carolinense*)

Common Names—Bull Nettle, Band Brier.

Parts Used—The root and berries.

Therapeutic Properties and Uses—It is anodyne, diuretic sedative and aphrodisiac. It is much used in the treatment of blood impurities and by some considered a specific for syphilis; also useful in epilepsy, fits, kidney and bladder troubles, etc.

Dose—See general directions, page 124.

HYSSOP (*Hyssopus Officinalis*)

Common Names—Ysop Isop.

Parts Used—Tops and Leaves.

Therapeutic Properties and Uses—It is

stimulent, tonic, pectoral, aromatic and carminative. Its infusion has been much employed in chronic catarrh, especially in old people and those of debilitated habit of body. It acts by facilitating the expectoration of mucous when too abundantly secreted. Valuable in quincy, asthma and chest diseases. The leaves applied to bruises remove pain and discoloration.

Dose—See general directions, page 124.

HYDRANGIA (*Hydrangia Arborescens*)

Common Names—Seven Barks.

Parts Used—The root.

Therapeutic Properties and Uses—It is diuretic and lithontryptic. It was employed by herbalists among the Cherokee Indians, with great success in their calculous complaints. Its utility in "Sabulous or gravelly deposits" in the urine have since been confirmed.

Dose—See general directions, page 124.

ICELAND MOSS (*Cetraria Islandica*)

Common Names—Consumption Moss.

Parts Used—Plant.

Therapeutic Properties and Uses—It is a demulcent tonic, pectoral and nutritious; and well calculated for affections of the mucous membrane of the lungs and bowels, with debility of the digestive organs, or of the system generally. It is particularly indicated in the treatment of chronic catarrh, dysentery, diarrhea and as a tonic, in dyspepsia and convalescence from exhausting diseases.

Dose—See general directions, page 124.

***INDIAN TURNIP** (*Arum Triphyllum*)

Common Names—Dragon Root, Jack in the Pulpit, Wake Robin.

Parts Used—The root.

Therapeutic Properties and Uses—It is expectorant and diaphoretic and very acrid. It is employed principally and with excellent results, in the treatment of asthma, whooping cough and chronic bronchitis; and also recommended very highly for chronic rheumatism, colds or pains in the chest, colic, low stages of typhus and general debility.

Externally in scrofulous tumors, scald head and various skin diseases. It is a powerful local irritant.

Dose—of the infusion (see directions page 124, drink a half cupful upon retiring (hot or cold), or a cupful may be drunk during the day, a large mouthful at a time.

JAMAICA GINGER (*Zingiber Officinale*)

Common Names—Ginger Root, White Ginger.

Parts Used—The root.

Therapeutic Properties and Uses—It is a grateful stimulant and carminative, and is used in dyspepsia, flatulent colic, and the feeble state of the alimentary canal attendant upon atonic gout. It is an excellent addition to bitter infusions and tonic powders, imparting to them an agreeable, warming and cordial operation upon the stomach. Externally it is rubeficient.

Dose—See general directions, page 124.

***JABORANDI** (*Pilocarpus Jaborandi*)

Common Names—Pilocarpine, Small Jaborandi.

Parts Used—Leaves.

Therapeutic Properties and Uses—Stimulates secretions and also a circulatory depressant. Causes profuse perspiration. Excellent for breaking up colds. Also used in dropsies, bright's disease, pleurisy, influenza, diabetes, mumps. Applied as a wash locally, it stimulates and promotes the growth of hair and gives health to the scalp.

Dose—For the infusion (see general directions page 124.) One cupful may be taken cold during the day, a large mouthful at a time.

***JERUSALEM OAK**

(*Chenopodium Anthelminticum*)

Common Names—Chenopodium, Stinking Weed, Wormseed.

Parts Used—Seed.

Therapeutic Properties and Uses—It is anthelmintic, and antispasmodic. It is one of our most efficient indigenous anthelmintics and is thought to be particularly adapted to the expulsion of the round worm in children.

Dose—A teaspoonful of the seeds mixed with honey or syrup, usually before breakfast and at bedtime, for three or four days, consecutively, and then followed by some good brisk cathartic. If the worms are not expelled the same dose is repeated.

JUNIPER (*Juniperus Communis*)

Common Names—Juniper Berries.

Parts Used—Berries.

Therapeutic Properties and Uses—They are gently stimulant and diuretic, imparting to the urine the smell of violets and producing occasionally, (when largely taken) disagreeable

irritation in the urinary passages. They are chiefly used as an adjuvant, to more powerful diuretic in dropsical complaints but have been recommended also in scorbutic and cutaneous diseases. Catarrh of the bladder and atonic conditions of the alimentary canal and uterus.

Dose—See general directions, page 124.

KIDNEY WORT (*Cotyledon Umbilious*)

Common Names—Navel Wort, Penny Wort.

Parts Used—The Herb.

Therapeutic Properties and Uses—It is chiefly diuretic, also said to act as a gentle tonic to the nervous system, and has been used to some extent in the treatment of epilepsy. Modern herbalists, however, use it in combination with horse-tail rush and other diuretics, in the treatment of kidney and bladder troubles.

Dose—See general directions, page 124.

KOUSSO (*Brayera Anthelmintica*)

Common Names—Kooso Flowers.

Parts Used—Flower.

Therapeutic Properties and Uses—Kousso, is highly valued as a vermifuge. Its effect, when taken internally, is not very striking. In the ordinary dose it sometimes produces heat of the stomach, nausea and even vomiting, and shows a tendency to act on the bowels, though not always. It appears to act exclusively, as a poison to worms, and is equally effective to both kinds of tape-worm.

Dose—Mix one half ounce of the powder, in a pint of warm water (dose must be reduced for children)—let stand for a few min-

utes, then stir up and take in two or three draughts, at short intervals. Should be taken in the morning, on an empty stomach. A previous evacuation of the bowels is also recommended.

LADY SLIPPER (*Cypripedium Pubiscens*)

Common Names—American Valerian, Nerve Root, Umbil Root.

Parts Used—The root.

Therapeutic Properties and Uses—It is nervine, tonic, diaphoretic and antispasmodic. It is especially valuable for all forms of nervous irritability, headaches, hysteria, etc. It is also used with good results in epilepsy, delirium, neuralgia, rheumatism, hypochondria and other nervous affections.

Dose—Of the infusion, one teaspoonful of the root, to one pint of boiling water. Drink one cupful during the day.

LEMON BALM (*Melissa*)

Common Names—Garden Balm, Sweet Balm, Balm.

Therapeutic properties and uses.—Balm is moderately stimulant, diaphoretic and antispasmodic. Valuable in case of flatulence, nausea and vomiting, attendant upon sick headache and such ailments; settling the stomach generally. Also very useful in low fever, kidney and bladder troubles; such as, suppression of the urine, also to assist in painful menstruation or as a regulator in female complaints. The infusion may be taken at pleasure.

Dose—See general directions, page 124.

LICORICE (*Glysyrrhiza Globra*)

Common Names—Juice Root, Sweet Wood.

Parts Used—The root.

Therapeutic Properties and Uses—Licorice root is laxative, expectorant and demulcent. Excellent for coughs, asthma and bronchial affections, irritation of the urinary organs and pain of the intestines in diarrhea. It is however generally used in combination with other more active herbs, for these complaints and serving rather as an aromatic and soothing agent.

Dose—See general directions, page 124.

LINDEN (*Tilia Enropaea*)

Common Names—Locust Bloom, Lime Tree, Tilia Flowers.

Parts Used—Flowers and Leaves.

Therapeutic Properties and Uses—Linden flowers and leaves are diaphoretic, stomachic, antispasmodic and sedative. It acts favorably on the kidneys and bladder, in female complaints and similar troubles. It is excellent for promoting perspiration; gives relief in chronic epilepsy and other spasmodic affections. A household remedy for relieving hard coughs and hoarseness. Very useful to poultice swellings.

Dose—See general directions, page 124.

LIFE ROOT (*Senecio Aureus*)

Common Names—Cocash Weed, Ragwort, Squaw Weed.

Parts Used—Root and herb.

Therapeutic Properties and Uses—It is emmenagogue, diuretic, pectoral, diaphoretic and tonic. It exerts a very powerful and pe-

cular influence upon the reproductive organs of the female, for which reason it has been given the name of female regulator. It is also valuable for strangury, gravel and kidney troubles.

Dose—See general directions, page 124.

LILY ROOT, WHITE POND

(*Castalia Odorata*)

Common Names—Toad Lily, Water Lily.

Parts Used—Root.

Therapeutic Properties and Uses—It is astringent and vulnerary. The infusion is employed with good results in dropsy, kidney troubles, diarrhea, bowel complaints, leucorrhea and scrofula. Used externally, as a poultice for boils, scrofula, ulcers, etc.

Dose—See general directions, page 124.

LILY ROOT, MEADOW (*Lilium Candidum*)

Common Names—White Lily.

Parts Used—Root.

Therapeutic Properties and Uses—It is demulcent, tonic and astringent. Botanical practitioners use it as one of the best and certain remedies for leucorrhea and falling of the womb, and for these affections, when it is combined with Life Root and other herbs, it is unequalled. It is useful in dropsy and when boiled in milk is also useful for ulcers, fever-sores, inflammation, etc.

Dose—See general directions, page 124.

LILY OF THE VALLEY

(*Convallaria Majalis*)

Common Names—May Lily.

Parts Used—Root.

Therapeutic Properties and Uses—It is

a heart stimulant and diuretic. It has long been employed with marked results in the relief of dropsy, and is highly commended in cardiac valvular disease. In small doses it strengthens the heart; in large doses it quiets it. It quickly relieves the shortness of breath and palpitation in heart disease, and after having been given for two or three days may be stopped for a week or more without the symptoms returning.

Dose—See general directions, page 124.

LIFE EVERLASTING

(*Guaphalium Obtusifolium*)

Common Names—Indian Posy, Live Forever, White Balsam.

Parts Used—The herb.

Therapeutic Properties and Uses—It is pectoral, febrifuge and astringent. Ulcerations of the mouth and throat are relieved by chewing the leaves and blossoms. In fevers, a warm infusion is found to be very serviceable. Also in Quincy and pulmonary and bronchial complaints. The leaves applied to bruises, indolent tumors and other local affections, are very efficacious.

Dose—See general directions, page 124.

***LOBELIA** (*Lobelia Inflata*)

Common Names—Gagroot, Indian Tobacco, Wild Tobacco.

Parts Used—Leaves and Seeds.

Therapeutic Properties and Uses—Internally, Lobelia acts as an emetic, expectorant, sedative and antispasmodic. Secondarily it acts as a Cathartic, diaphoretic and astringent. It is extensively used to subdue spasms,

and will give relief in epilepsy, tetanus, cramps, hysteria, asthma and convulsions. It is, however, merely a temporary relief when administered internally, and if not used with skill and caution, may do more harm than good. Applied externally, in the form of a poultice or ointment, combined with other soothing and healing botanicals, it is decidedly the most effective counter-irritant known to man. May be used for sprains, bruises, felons, stings of insects, and skin affections generally.

Dose—A teaspoonful of the leaves steeped in a pint of boiling water for thirty minutes. One teaspoonful of which may be taken at a time as indicated. It must be used with care, as an overdose is dangerous.

LOW MALLOW (*Malva Rotundifolia*)

Common Names—Cheese Plant, Common Mallow.

Parts Used—The whole herb.

Therapeutic Properties and Uses—It is emollient, diuretic and demulcent. It is highly prized for its soothing and healing qualities, to inflamed surfaces, boils, etc. It is especially recommended in the treatment of dropsy and inflammation of the kidneys and bladder. May be taken freely.

Dose—See general directions, page 124.

LOVAGE (*Ligusticum Levisticum*)

Common Names—Lovage.

Parts Used—Root and Seeds.

Therapeutic Properties and Uses—It is chiefly aromatic, and carminative, for which purposes only it can be conscientiously recom-

mended. It is said, however, to furnish lovenge. By bathing daily in water impregnated with its perfume, the odor or vapor emanating from the body, produces an agreeable and pleasing effect, upon those who come in contact with the bather.

Dose—See general directions, page 124.

LUNGWORT (*Pulmonaria Officinalis*)

Common Names—Jerusalem Sage.

Parts Used—Leaves.

Therapeutic Properties and Uses—It is demulcent and expectorant. One of the most valuable remedies for all lung troubles, coughs, colds, catarrh, asthma, La Grippe, and affections of the respiratory organs. To these afflictions, however, its virtues seem to be entirely confined.

Dose—See general directions, page 124.

LYCOPODIUM (*Lycopodium Clavatum*)

Common Names—Club Moss, Vegetable Sulphur.

Parts Used—The Spores and Moss.

Therapeutic Properties and Uses—It is diuretic and antispasmodic, when used internally, and an absorbent when used externally. The moss itself is employed in rheumatism, epilepsy and complaints of the lungs and kidneys. The spores are used externally to protect raw surfaces, erysipeles, eszema, herpes and ulcers.

Dose—One cupful of the infusion (See general directions page) of the moss may be taken during the day, a large mouthful at a time.

MARIGOLD (*Calendula Officinalis*)

Parts Used—The Flowers.

Therapeutic Properties and Uses—It is vulnerary and is useful, internally and externally in cancers, ulcers, old sores and wounds. It is also sometimes used for low fevers, scrofula, jaundice, Ammenorrhea, etc. Boiled in lard, it makes an excellent salve.

Dose—See general directions, page 124.

(**MALE FERN** (*Aspidium Marginale*)

Parts Used—Rhizome.

Therapeutic Properties and Uses—It is a vermafuge and used principally for the expulsion of worms; especially the tape-worm, for which it is commended by many of the old time, as well as the modern herbalists.

Dose—For the expulsion of tape-worms; the patient should live on a little milk and bread for one day, and the following morning take a full dose of the herbs, (about half of a level teaspoonful of the powder), fasting and repeating the dose, in two or three hours. At noon the patient may resume the use of food, and in the evening a brisk cathartic should be taken. This process should be repeated until the worm is fully evacuated.

MANDRAKE (*Podophyllum Peltatum*)

Common Names—May Apple, Podophyllum.

Parts Used—Root.

Therapeutic Properties and Uses—It is cathartic, hepatic, and emmenagogue. It is an active and certain hydragogue cathartic. As a deobstruent, it has no superior, acting through and upon all the tissues of the system, and its action continues for a long time. In chronic liver diseases, bilious fevers and hepa-

tic congestions, it is not surpassed.

It is also very useful in uterine diseases. In constipation, it acts upon the bowels without disposing them to subsequent costiveness. Its usefulness covers a wide range.

Dose—A teaspoonful of the root, to a pint of boiling water. Take one teaspoonful as required. Of the powder, about twenty grains is a dose as a purgative.

MISTLETOE (*Phoradendron Flavescens*)

Common Name—Golden Bough.

Parts Used—Young Twigs and Leaves.

Therapeutic Properties and Uses—It is anti-spasmodic and nervine. It relieves spasms in epilepsy, palsy and other nervous diseases. It is considered very efficacious in arresting post-partum and other varieties of uterine hemorrhage; also in other hemorrhages. It has also been pronounced a cardiac stimulant.

Dose—A teaspoonful of the twigs and leaves, to a pint of boiling water. Drink cold; one cupful during the day.

MOTHERWORT (*Leonurus Cardiaca*)

Common Names—Lion's Tail, Throwort.

Parts Used—The Herb.

Therapeutic Properties and Uses—It is antispasmodic, emmenagogue, and nervine. It is excellent for ammenorrhea from colds and pains peculiar to females, if given in warm infusions. It is also very useful in hysteria and nervous complaints, wakefulness, liver affections, etc.

Dose—See general directions, page 124.

MUSTARD (*Sinapis Alba*)

Common Names—White Mustard.

Parts Used—The Seed.

Therapeutic Properties and Uses—It is a condiment and emetic. The seed swallowed whole operates as a laxative and has acquired some reputation as a remedy in dyspepsia and other complaints, attended with torpid bowels and deficient excitement. It is an efficient and prompt stimulent emetic, especially valuable in narcotic poisoning. Mustard is most valuable as a rubeficient, applied to the skin in the form of a poultice, it very soon produces redness and blisters, stimulates circulation, rouses the system to activity and relieves pain and mitigates inflammation.

The Black Mustard Seed, (*Brassica Nigra*), is sometimes used, mixed with the white, but is not so popular.

Dose—See general directions, page 124.

MULLIEN (*Verbascum Thapsus*)

Common Names—Flannel Leaf, Shepherd's Club.

Parts Used—Leaves and Flowers.

Therapeutic Properties and Uses—It is demulcent, diuretic, anodyne and antispasmodic. The infusion is very efficacious in catarrh, bleeding from the lungs, diarrhea, dysentary and piles. Externally, steeped in hot water, may be employed as an anodyne emollient.

Dose—See general directions, page 124.

NETTLE (*Urtica Diocica*)

Common Name—Common Nettle.

Parts Used—The Herb.

Therapeutic Properties and Uses—It is diuretic, expectorant, astringent, and is employed in nephritic complaints, hemorrhages, consumption, asthma, diarrhea, dysentery and scorbutic affections. It is also recommended for kidney trouble, gravel, etc., increasing the flow of urine. Is also effective for backache and rheumatism.

Dose—See general directions, page 124.

OAK BARK (*Quercus Cortex*)

Common Names—Black Oak, White Oak.

Parts Used—Bark.

Therapeutic Properties and Uses—Oak Bark is a powerful astringent; also mild tonic and antiseptic. The decoction is advantageously used as a bath, particularly for children, when a combined tonic and astringent effect is desirable, and the stomach is not disposed to receive the infusion kindly. It has been employed in this manner for scrofula, intermittent fevers, chronic diarrhea and cholera infantum. It is also used internally in chronic mucous discharges, passive hemorrhages; and wherever an internal astringent is required. As an injection for leucorrhea, a wash in prolapsus and in hemorrhoidal affections, and as a gargle in slight inflammation of the fauces, attended with prolapsed uvulva, the decoction is often useful. The powder made into a poultice, is an excellent application in external gangrene and mortification.

Dose—One cupful of the cold infusion, taken throughout the day, a mouthful at a time.

OREGON GRAPE (*Berberis Aquifolium*)

Common Names—California Root, Rocky

Mountain Grape.

Parts Used—Root.

Therapeutic Properties and Uses—It is alterative, tonic, and also slightly diuretic, anti-periodic and laxative. It is also an excellent tonic and remedy for general debility, overcoming "That tired feeling" and producing a sense of vigor. Highly recommended for rheumatism, scrofulous, syphilis and chronic skin diseases. It is good for chronic uterine diseases, atonic dyspepsia, constipation and chronic hepatitis.

Dose—See general directions, page 124.

PARSLEY (*Petroselinum Sativum*)

Common Names—(Garden Parsley, March.)

Therapeutic Properties and Uses—It is aperient, diuretic and emmenagogue. It is useful in all dropsical affections, retention of the urine, strangury and gonorrhea. It is also used in intermittent and other forms of fever. It is considered one of the best remedies for female irregularities and also as a fomentation, to cure bites and stings of insects. The seeds destroy vermin in the hair.

Dose—See general directions, page 124.

PEPPERMINT (*Mentha Piperita*)

Common Name—Mint.

Parts Used—Leaves and Tops.

Therapeutic Properties and Uses—Peppermint is principally carminative and aromatic, but also very useful as a stimulant, nervine and antispasmodic. Extensively employed as a corrective; and to flavor other, more active, herb mixtures; particularly those used for nervous troubles. It is also used for spasmodic

ic stomach and bowel pains, colic, nausea, diarrhea, dystentery, etc.

Dose—See general directions, page 124.

PENNYROYAL (*Hedeoma Pulegioides*)

Common Names—Squaw Mint. Tickweed.

Parts Used—The Herb.

Therapeutic Properties and Uses—It is stimulant, diaphoretic, emmenagogue and aromatic. It very seldom fails to relieve colic and intestinal pain. Promotes perspiration, restores suppressed lochia and is also excellent in exciting the menstrual discharge; the feet having previously been bathed in warm water. It is reported abortive and must be used with discretion.

Dose—See general directions, page 124.

PIPSISSEWA (*Chimaphila Maculata*)

Common Name—Princess Pine.

Parts Used—The Whole Plant.

Therapeutic Properties and Uses—It is diuretic, astringent, tonic and alterative. Very useful in scrofula, chronic rheumatism, gonorrhea, stranguary, kidney troubles, catarrh of the bladder and cutaneous diseases. In urinary complaints it is preferable to *Uva Ursi*, on account of being less objectionable to the stomach.

Dose—See general directions, page 124.

PITCHER PLANT (*Sarracenia Purpurea*)

Common Names—Eve's Cup, Fly Trap, Huntsman's Cup, Saddle Plant.

Parts Used—The whole plant.

Therapeutic Properties and Uses—Pitcher Plant is tonic, stimulant, diuretic and laxative. It is taken as an appetizer; and in kidney and

bladder troubles. It is also used in chlorosis, uterine derangements, dyspepsia, and gastric difficulties. Said to be useful in small-pox.

Dose—See general directions, page 124.

PLEURISY ROOT (*Asclepias Tuberosa*)

Common Names—Butterfly Weed, Canada Root, Tuber Root, White Root.

Parts Used—Root.

Therapeutic Properties and Uses—It is expectorant, tonic and diaphoretic. It is largely employed in the treatment of all bronchial and pulmonary diseases, as pleurisy, asthma, catarrh; and in breaking up colds and coughs. It is also used with good results in febrile diseases, flatulency, indigestion and acute rheumatism.

Dose—See general directions, page 124.

PLANTIAN (*Plantian Major*)

Common Names—Common Plantian, Way Bread.

Parts Used—Leaves.

Therapeutic Properties and Uses—It is astringent and deobstruent. Beneficially employed in lung troubles, relieving obstructions caused by phlegm. It is also used in leucorrhea, diarrhea, scrofulous diseases, etc. It is said to be a sure cure for bed wetting of children. The fresh leaves, when mashed to a pulp and applied to wounds, will stop bleeding, burns, scalds, bruises, protruding piles, etc.

Dose—See general directions, page 124.

***POKE** (*Phytolacca Decandra*)

Common Names—Cancer Jalap, Coakum, Pigeon Berry, Skoke.

Parts Used—Root and Berries.

Therapeutic Properties and Uses—It is alterative, antisyphilitic, emetic and slightly narcotic. The root excites the whole glandular system, and is very effective in the treatment of syphilitic, scrofulous, rheumatic and cutaneous diseases. It is reported capable of removing mercuric-syphilitic affection. It is also good in ointment for itch, scaldhead, etc. As an emetic it works slowly, frequently not effective for an hour or two, but vomiting will continue for some time, acting both on the stomach and bowels. When taken alone, care must be exercised, avoiding too large doses, as it is slightly poisonous.

As an emetic, the dose of the powder is, ten to thirty grains. As an alterative, from one to five grains.

POPLAR (*Populus Tremuloides*)

Common Names—Aspen, Quaking Asp, White Poplar.

Parts Used—Bark.

Therapeutic Properties and Uses—It is anti-periodic and febrifuge. It is employed to lower the temperature in fevers, to relieve pain and to reduce arterial swellings, hay fever, la grippe, etc. It is also valuable in rheumatism. Externally, it is sometimes used with good results, as a wash for gangrenous wounds, fetid perspirations, eczema, cancer, burns, etc.

Dose—See general directions, page 124.

POMEGRANATE (*Punica Granatum*)

Common Names—Granatum, Punica.

Parts Used—Bark of stems and roots.

Therapeutic Properties and Uses—It is tonic, alterative, astringent, and is valuable

for leucorrhœa and female complaints; also useful in case of night sweats, intermittent fever, diarrhea, canker in the mouth and passive hemorrhages. Its chief virtues, are healing and balsamic, if taken for ulceration of the lungs.

Dose—One cupful of the cold infusion (see general directions page), may be taken during the day, a large mouthful at a time.

PRICKLEY ASH

(*Xanthopicrite Americanum*)

Common Names—Sutterberry, Toothache Bark.

Parts Used—Bark.

Therapeutic Properties and Uses—It is stimulating, alterative, tonic, and sialagogue. It is most highly recommended for chronic rheumatism, colic, syphilis, hepatic derangements and wherever a stimulating alterative is required.

Dose—See general directions, page 124.

QUASSIA (*Picrasma Excelsa*)

Common Names—Bitter Ash, Bitter Wood.

Parts Used—Chips or Shavings.

Therapeutic Properties and Uses—It is stomachic, tonic and anthelmintic. Quassia, has in the highest degree, all the properties of the simple bitters. Useful in failure of appetite, due to gastric debility. Also useful in rheumatism, remittent and intermittent fever, dyspepsia, worms, general debility, and to destroy the appetite for alcoholic drinks.

Dose—See general directions, page 124.

QUEEN OF THE MEADOW

(*Eupatorium Purpureum*)

Common Names—Gravel Root, Kidney Root, Purple Boneset.

Parts Used—Root.

Therapeutic Properties and Uses—It is diuretic, stimulent, astringent, tonic. A valuable remedy in dropsy, strangury, gravel; and all urinary troubles. It is also very useful in diarrhea. Excellent for rheumatism, lame back, gout, neuralgia and kindred ailments.

Dose—See general directions, page 124.

RATTLE SNAKE ROOT

(*Goodyera Pubscens*)

Common Names—Adders Violet, Scrofula Weed, Water Plantain.

Parts Used—Leaves.

Therapeutic Properties and Uses—It is antiscrofulous and is known to have cured severe cases of scrofula. The fresh leaves are steeped in milk and applied to ulcers, in the form of a poultice. At the same time an infusion must be taken, as freely as the stomach will allow.

Dose—See general directions, page 124.

RHATANY (*Krameria Triandra*)

Common Name—*Krameria*.

Parts Used—Root.

Therapeutic Properties and Uses—It is a powerful astringent, also slightly tonic. It is an old reliable remedy, beneficial, wherever a powerful astringent is required, internally or externally.

Dose—See general directions, page 124.

RHUBARB (*Rheum Officinale*)

Common Names—China Rhubarb, Turkey

Rhubarb.

Parts Used—Root.

Therapeutic Properties and Uses—It is purgative, stomachic, astringent and tonic. The sanatory properties of rhubarb, are, peculiar and valuable. Its most remarkable singularity, is the union of a cathartic with an astringent power. The latter, however, does not interfere with the former, as the purgative effect precedes the astringent. As a tonic, it acts by increasing the muscular action of the bowels, rather than augmenting their secretions. It is much used as a laxative for infants and delicate stomachs generally.

Dose—It is most effective in the form of powder, as a purgative from twenty to thirty grains. As a laxative and stomachic, from five to ten grains.

ROSEMARY (*Rosmarinus Officinalis*)

Common Names—Garden Rosemary.

Parts Used—Leaves and Flowers.

Therapeutic Properties and Uses—It is aromatic, nervine, stimulent, antispasmodic and emmenagogue. An effective remedy for female complaints. The warm infusion is valuable for colic, colds and nervous conditions.

Dose—See general directions, page 124.

RUE (*Ruta Graveolens*)

Common Names—Garden Rue, Herb of Grace.

Parts Used—The Herb.

Therapeutic Properties and Uses—It is bitter, aromatic, stimulent, tonic, antispasmodic and emmenagogue. It is a very common remedy for flatulent colic, hysteria and

epilepsy, cramps, painful courses of females, dizziness and congestion of the blood in the head.

Dose—See general directions, page 124.

SAGE (*Salvia Officinalis*)

Common Name—Garden Sage.

Parts Used—Leaves.

Therapeutic Properties and Uses—Sage leaves are astringent, stomachic, diaphoretic and condiment. It is highly esteemed as a remedy for dyspepsia and stomach troubles generally, checking flatulency with speed and certainty. It is extensively used, by some herbalists, as a remedy for spermatorrhea, excessive sexual desire, sexual debility, night sweats, etc. It is often used, with favorable results as a gargle for ulcerated throat and mouth.

SANDALWOOD (*Santalum Album*)

Parts Used—The Wood.

Therapeutic Properties and Uses—It is claimed by various herbalists, to be astringent, diuretic and disinfectant. It is a remedy very valuable in the treatment of genito-urinary, mucous membranes, discharges, gonorrhea, etc. Its action being similar to that of copoiba. It is much used in perfumery and as a flavoring agent.

Dose—See general directions, page 124.

SARSAPARILLA (*Aralia Nudicaulis*)

Common Name—Sarsaparilla.

Parts Used—Root.

Therapeutic Properties and Uses—It is alterative and depurative. There are four different varieties of Sarsaparilla, the American,

Honduras, Jamaica, and Mexican. All having practically the same therapeutic action. In this country the American is mostly used. It is most highly extolled as a blood purifier. Employed in chronic diseases of the skin, venereal complaints, dropsy, rheumatic affections and in all cases where a good alterative is required.

Dose—See general directions, page 124.

SASSAFRAS (*Sassafras Officinale*)

Common Name—Cinnamon Wood.

Parts Used—Bark of the Root.

Therapeutic Properties and Uses—It is aromatic, diuretic and alterative. It is used almost exclusively as an adjuvant to other more efficient ingredients, the flavor of which it improves; and renders them more cordial to the stomach. In domestic practice, it is employed for many different purposes. Especially as a spring tonic, or so-called rejuvenator of the blood.

Dose—See general directions, page 124.

SAW-PALMETTO (*Serenoa Serrulata*)

Common Names—Palmetto Berries.

Parts Used Berries.

Therapeutic Properties and Uses—Palmetto berries act as a genito-urinary antiseptic and sedative, very valuable in all diseases of the glands of the reproductive organs, the mammae, prostate and testes, tending to increase their functional activity. It is also employed with good results in Bright's disease, diabetes, chronic bronchitis, asthma and irritated mucous membrane of the throat, nose and larynx.

Dose—See general directions, page 124.

SAFFRON (*Carthamus Tinctorius*)

Common Names—American saffron, Safflower, Thistle, Saffron.

Parts Used—Flowers.

Therapeutic Properties and Uses—It is diaphoretic, laxative, emmenagogue and a condiment. It is considered one of the most reliable remedies in case of measles, scarlet fever and other eruptive diseases. The warm infusion is also beneficial in regulating or promoting menstrual discharges, when recently checked by cold, etc.

Dose—See general directions, page 124.

SENNA (*Cassia Acutifolia*)

Common Names—Bombay Senna, Indian Senna, Tinnevely.

Parts Used—Leaves.

Therapeutic Properties and Uses—Tinnevely senna is cathartic and is the variety most used. The American Senna, however, is recommended by most herbalists, to be equally as effective as the foreign varieties. It is a valuable, mild and effective cathartic. Excellent for bilious complaints, bad taste in mouth, worms, etc.

Dose—A teaspoonful of the leaves, steeped in a cupful of boiling water until cold. Drink one half cupful, more or less, before retiring.

SENEGA ROOT (*Polygala Senga*)

Common Names—Milkwort, Seneka, Snake-root.

Parts Used—Root.

Therapeutic Properties and Uses—It is diuretic, expectorant, sialagogue and diaphoretic. Esteemed very highly for affections of the lungs, coughs, croup, chronic catarrh, and asthma. In active inflammatory diseases, it

should not be employed.

Dose—Of the infusion (See general directions page), one cupful may be taken through the day, a mouthful at a time.

SCULLCAP (*Scutellaria Lateriflora*)

Common Names—Blue Pimpernel, Hoodwort, Mad Weed.

Parts Used—The Herb.

Therapeutic Properties and Uses—Sculldap is one of our most valuable nervines and antispasmodic, it is also diuretic and tonic. It is a favorite nerve tonic, valuable in all nervous complaints, chorea, wakefulness, delirium tremens, convulsions, excitability, epilepsy, fits, etc. It is also good for neuralgia aches and pains.

Dose—See general directions, page 124.

SHEPHERDS PURSE

(*Capsella Bursa Pastoris*)

Common Names—Cocowort, Pick Purse, Toywort.

Parts Used—The Herb.

Therapeutic Properties and Uses—It is diuretic, emmenagogue, and vulnerary. It is a valuable remedy for checking profuse menstruation and for various hemorrhages; bleeding from the lungs, etc. It is also employed in intermittent fevers.

Dose—See general directions, page 124.

SLIPPERY ELM (*Ulmus Fulva*)

Common Names—Sweet Elm. Indian Elm. American Elm.

Parts Used—Inner bark.

Therapeutic Properties and Uses—Slippery Elm is an excellent demulcent, emollient, nu-

tritive and expectorant. Internally it is used for dysentery, diarrhea, diseases of the urinary passages, bronchitis, etc. Externally it is used as a poultice for inflammations, boils, etc. As a nutrient it is said that it has proved sufficient for the maintenance of life in the absence of other food.

Dose—See general directions, page 124.

SPEARMINT (*Mentha Spicata*)

Common Name—Mint.

Parts Used—Leaves and Top.

Therapeutic Properties and Uses—It is aromatic and carminative, and is considered one of the best remedies for colic, wind in the bowels, dyspepsia, etc. Valuable, also, to prevent vomiting in spasms, dropsy, gravel, suppression, scalding of urine and as a local application for piles.

Dose—See general directions, page 124.

SPIKENARD (*Aralia Racemosa*)

Common Names—Indian Root, Spignet, Wild Licorice.

Parts Used—Root.

Therapeutic Properties and Uses—It is alterative and expectorant. It is a well known Indian remedy for promoting easy and painless child-birth. It is also employed in skin diseases and eruptions, pimples, etc.; but should always be employed with other ingredients, more directly indicated, in the complaint to be treated.

Dose—See general directions, page 124.

STRAWBERRY (*Fragaria Vesca*)

Common Names—Common Strawberry, Wild Strawberry.

Parts Used—Leaves.

Therapeutic Properties and Uses—Strawberry leaves are astringent, and tonic. It is much prized for dysentery, diarrhea, intestinal debility, convalescence, and especially for children having bowel or bladder weakness. Improves the appetite.

Dose—See general directions, page 124.

SQUAW VINE (*Mitchella Repens*)

Common Names—Checkerberry, Live Vine, Partridge Berry.

Parts Used—The Herb.

Therapeutic Properties and Uses—Squaw Vine is parturient, diuretic, and acting as a powerful uterine tonic. One of the best remedies for female complaints; beneficial in diseases of the uterus, parturition, suppression of urine, dropsy, etc.

Dose—See general directions, page 124.

STILLINGIA (*Stillingia Sylvatica*)

Common Names—Queen's Delight, Queen's Root, Yaw Root.

Parts Used—Root.

Therapeutic Properties and Uses—It is resolvent, diuretic and alterative. It is employed as a very valuable remedy in scrofula, syphilis, skin diseases and chronic affections of the liver. Also highly esteemed for bronchitis, laryngitis, and all lung complaints.

Dose—Drink one cupful of the infusion during the day.

ST. JOHNSWORT (*Hypericum Perforatum*)

Common Names—Johnswort, Rosin Rose, Stinking Willie.

Parts Used—The Herbs.

Therapeutic Properties and Uses—It is astringent, sedative, diuretic and vulnerary. It is employed in chronic urinary affections, suppression of the urine, diarrhea, dysentery, worms, jaundice, and to regulate menstrual discharge. Externally, in the form of fomentations or ointments, it is serviceable for wounds, ulcers, tumors, old sores, caked breasts, etc.

Dose—See general directions, page 124.

STONE ROOT (*Collinsonia Canadensis*)

Common Names—Collinsonia, Hardhack, Knob Grass.

Parts Used—The Root and Plant.

Therapeutic Properties and Uses—Stone Root is diuretic, expectorant and mild tonic. It is very useful in chronic catarrh of the bladder, leucorrhea, gravel and dropsy; also for fluor-albus and debility of the stomach, lithic acid, calculous deposits, etc. Externally in the form of cataplasms or fomentations, it may be applied to wounds, bruises and sores, and in case of abdominal pains.

Dose—It gives best results in combination with other selected ingredients; but when taken alone, the dose of the infusion is, one cupful during the day; of the powder, two to five grains, three times a day.

SWEET FERN (*Comptonia Asplenifolia*)

Common Names—Fern Bush, Meadow Fern, Spleen Fern.

Parts Used—The Herb.

Therapeutic Properties and Uses—It is tonic, astringent and expectorant. It is very effective in cholera, infantum dysentery, leucorrhea, debility succeeding fevers, etc. The

leaves smoked in a pipe, are said to be excellent for catarrh of the head.

Dose—See general directions, page 124.

TANSY (*Tanacetum Vulgare*)

Common Names—Common Tansy, Hindheel, Parsley Fern.

Parts Used—The Herb.

Therapeutic Properties and Uses—Tansy is emmenagogue, tonic, diaphoretic and vulnerary. It is one of the popular remedies for promoting the menstrual flow. It is also valuable in convalescence from exhausting diseases, fever and ague, dyspepsia, jaundice, dropsy, hysteria, etc. Externally, in the form of fomentations, it is good for swellings, tumors, inflammations, cuts, wounds, etc.

Dose—See general directions, page 124.

THYME (*Thymus Vulgaris*)

Common Name—Garden Thyme.

Therapeutic Properties and Uses—Thyme is tonic, carminative and emmenagogue. The warm infusion is used with good results in painful or obstructed menstruation; and to promote perspiration. The cold infusion is beneficial in dyspepsia, weak stomach, hysteria, flatulency, colic, headache and internal pain in the bladder.

Dose—See general directions, page 124.

TORMENTILLA (*Potentilla Tormentilla*)

Common Name—Septfoil.

Parts Used—Root.

Therapeutic Properties and Uses—Tormentilla is a simple and powerful astringent, applicable to all cases of diseases, in which this property is indicated.

Dose—See general directions page.

TWIN LEAF (*Jeffersonia Diphilla*)

Common Names—Helmet Rod, Rheumatism Root.

Parts Used—Root.

Therapeutic Properties and Uses—It is alterative, antispasmodic and antirheumatic. It is successfully used for chronic rheumatism, syphilis, and many nervous and spasmodic affections.

Dose—See general directions, page 124.

VALERIAN (*Valeriana Officinalis*)

Common Names—Setwall, Vandal Root, Wild Valerian.

Parts Used—Root.

Therapeutic Properties and Uses—Valerian is antispasmodic, nervine, and nervous stimulant. It eases and quiets pain, producing a gentle sleep. It is invaluable in cholera, nervous debility, hysteria and low forms of fever, where a nervous stimulant is required. When taken in large doses it may cause giddiness, mental excitement, headache, visual illusions, agitation, etc.

Dose—Of the powdered root three to six grains; and of the infusion, a wineglassful or two, during the day.

VIRGINIA SNAKEROOT

(*Aristolochia Serpentaria*)

Common Names — Sangrel, *Serpentaria*,

Parts Used—Root.
Snakeweed.

Therapeutic Properties and Uses—It is a stimulant tonic, acting also as a diaphoretic or diuretic, according to the mode of its appli-

cation. It is also used as an emmenagogue and aphrodisiac. Too largely taken, it causes nausea, griping pains in the bowels and vomiting. Much used in cases of skin diseases and fever. It strengthens the stomach and increases the appetite. It is also recommended for rheumatism.

Dose—Of the infusion, one half cupful during the day.

WATER PEPPER (*Polygonum Punctatum*)

Common Names—American Smartweed, Smartweed.

Parts Used—The Herb.

Therapeutic Properties and Uses—Smartweed has many valuable properties, but its principal use is as an astringent, antiseptic and detergent, effective in cleansing ulcers, old sores, etc. It is also used as a diuretic, and diaphoretic, in the treatment of uterine diseases, gravel, colds, coughs, bowel complaints and erysipelas.

Dose—Of the infusion, drink one cupful during the day.

WAHOO (*Euonymus Atropurpureus*)

Common Names—Burning Bush, Indian Arrow Wood, Spindle Tree.

Parts Used—Bark of the root.

Therapeutic Properties and Uses—It is diuretic and tonic, laxative, alterative and expectorant. Enjoys a great reputation as an effectual remedy for dropsy. It is also very useful in intermittents, dyspepsia, torpid liver, constipation and pulmonary affections.

Dose—See general directions, page 124.

WATER CRESS (*Nasturtium Officinale*)

Common Name—Tall Nasturtium.

Parts Used—Leaves and Roots.

Therapeutic Properties and Uses—Water Cress is very rich in minerals, sulphur, iron, phosphorous, etc. It is of value in scrofula, pimples, jaundice, dropsy and gravel. It is most frequently used in the form of a salad for the table.

Dose—See general directions, page 124.

WHITE PINE (*Pinus Strobus*)

Common Names—Deal Pine, Soft Pine.

Parts Used—Bark and Needles.

Therapeutic Properties and Uses—White Pine, is expectorant and is one of the old reliables for coughs and bronchial affections. The needles in combination with Couch Grass, Marshmallow, Poplar Bark and Uva Ursi, constitute an excellent treatment for diabetes.

Dose—See general directions, page 124.

WILD GERANIUM (*Geranium Maculatum*)

Common Names—Alum Root, Cranesbill.

Therapeutic Properties and Uses—Geranium is one of our best indigenous astringents and styptic, and may be employed for all purposes to which these properties are applicable. The absence of unpleasant taste and of other offensive qualities, renders it peculiarly servicable in the case of infants, and persons of very delicate stomach. Diarrhea, chronic dysentery, cholera infantum, in the latter stages, and the various hemorrhages, are the forms of disease in which geranium, is most commonly used, and with greatest advantage. Care should be taken before it is administered, that the condition of the system and of the

part effected is such, as not to contraindicate the use of the astringent. Externally it is excellent to stop bleeding and for indolent ulcers, piles, leucorrhea, ulcerations of the mouth and throat, etc. It is used with beneficial results in the treatment of diabetes and Bright's Disease of the Kidneys. In all chronic mucous discharges, such as gleet, leucorrhea, catarrh and ulcerations of the bladder.

Dose—See general directions, page 124.

WILD CHERRY (*Prunus Serotina*)

Common Names—Black Cherry, Choke Cherry, Rum Cherry.

Parts Used—Bark.

Therapeutic Properties and Uses—It is expectorant, bitter tonic and astringent. It is principally used, and is very effective in all forms of bronchial and pulmonary ailments, coughs, colds, asthma, bronchitis, consumption, etc. It is also valuable in cases, where it is desired to add tone and strength, to the system. It is also excellent in fever, diarrhea, jaundice, dyspepsia, scrofula and general debility.

Dose—See general directions, page 124.

WILD CLOVER (*Trifolium Pratense*)

Common Names—Common Clover, Cow Grass, Red Clover.

Parts Used—Flowering Tops.

Therapeutic Properties and Uses—Clover Tops are one of the most valuable blood tonics. They are tonic, alterative, depurative and sedative, and are indicated as such, especially where there is a tendency to cancerous growths, ulcers, etc. It is recommended

as a tonic and appetizer, and produces healthy flesh in case of abnormal thinness.

Dose—See general directions, page 124.

WINTERGREEN (*Gaultheria Procumbens*)

Common Names—Boxberry Creckerberry, Ground Berry.

Parts Used—Leaves.

Therapeutic Properties and Uses—It is aromatic, diuretic and antirheumatic. A very popular remedy for colic, stomachache, and gas in the bowels. It is very valuable in dropsy, diarrhea and obstructions, rheumatism, sciatica and diabetes.

Dose—See general directions, page 124.

WITCH HAZEL (*Hamamelis Virginiana*)

Common Names—Snapping Hazel, Spotted Alder.

Parts Used—Bark and Leaves.

Therapeutic Properties and Uses—It is tonic astringent and sedative. One of the most highly prized remedies for external inflammation; as a wash for painful swellings, gargle for canker, and as an injection for fluor-albus. It is also valuable in diarrhea, dysentery and excessive mucous discharges.

Dose—Of the infusion, one cupful taken during the day.

WILD YAM (*Dioscorea Villosa*)

Common Names—Colic Root, Devil's Bone, Rheumatism Root.

Parts Used—Root.

Therapeutic Properties and Uses—Yam is antispasmodic, antirheumatic, expectorant and stomachic. It is very efficacious for bilious colic, affections of the liver, rheumatic

cramps, spasms, flatulency and after pains. It also has a great reputation for a great many female complaints, especially the usual nausea of pregnant women.

Dose—Of the infusion, one cupful taken during the day.

WILD INDIGO (*Baptisia Tinctoria*)

Common Names—Dyer's Greenleaf, Indigo Weed, Rattlebush.

Parts Used—The Herb and Root.

Therapeutic Properties and Uses—It is antiseptic and vulnerary. It is efficacious in the treatment of all species of ulcers; such as malignant sore mouth and throat, mercurial sore mouth, scrofulous or syphilitic ophthalmia, fetid leucorrhea and discharges; and for all sores which refuse to heal.

Dose—One teaspoonful of the herb or root, to a pint of boiling water, of this take one teaspoonful, whenever indicated.

WORMWOOD (*Artemisia Absinthium*)

Common Names—Absinthum, Vermuth.

Parts Used—The Herb.

Therapeutic Properties and Uses—It is stomachic, tonic and slightly narcotic. It is used as an anthelmintic, in expelling worms. An old and always good remedy for bilious and liver troubles, jaundice, intermittent fevers. Highly esteemed as an appetizer. In large doses it increases the action of the heart and arteries. Externally applied it is useful for bruises, sprains, and local inflammations.

Dose—Of the infusion, one cupful taken during the day.

YARROW (*Achillea Millefolium*)

Common Names—Milfoil, Nosebleed, Thousand Leaf.

Parts Used—The Herb.

Therapeutic Properties and Uses—It is alterative and astringent. Most highly valued as a remedy for menorrhœa or profuse menstruation. Also used in hemorrhages, incontinence of urine, diabetes, piles, dysentery, flatulence, bleeding from the lungs and as an injection in leucorrhœa.

Dose—Of the infusion, one cupful taken during the day.

***YELLOW JESSAMINE**

(*Gelsemium Sempervireus*)

Common Names—Gelsemium Root, Wild Jessamine, Woodbine.

Parts Used—Roots.

Therapeutic Properties and Uses—It is antispasmodic, nervine and febrifuge. As a febrifuge it is very valuable, except in congestive fevers. It is very effectual in nervous irritability, headache, lockjaw; and to promote contraction of the uterus. Its effects are clouded vision, and sometimes complete prostration, inability to open the eyes, etc. These symptoms, however, pass off in a few hours, leaving the patient fully restored.

Dose—Teaspoonful of the root to one pint of boiling water. Take a teaspoonful of this three to six times a day, until fully restored.

YELLOW PARILLA

(*Menispermum Canadense*)

Common Names—Moon Seed, Texas Sarsaparilla, Vine Maple.

Therapeutic Properties and Uses—It is

principally alterative; but also has tonic, laxative and diuretic properties. It is an old standby as an appetizer and general all-round tonic. It is, however, particularly used, and with gratifying results, in the treatment of scrofula, syphilis, scorbutic and mercurial affections. It is also good for gout, rheumatism and cutaneous diseases.

Dose—Of the infusion, one cupful taken during the day.

YELLOW DOCK (*Rumex Crispus*)

Common Names—Curled Dock, Sour Dock.

Parts Used—Root.

Therapeutic Properties and Uses—Yellow Dock, is alterative, depurative, tonic, and antiscorbutic. For impurities of the blood it is one of the best remedies. Highly valued in scrofula, syphilis, leprosy and all diseases of an eruptive nature. Externally used in the form of an ointment for itch, indolent glandular tumors and various affections.

Dose—See general directions, page 124.

YERBA SANTA (*Eriodictyon Californicum*)

Common Names—Bear Weed, Mountain Balm.

Parts Used—The Herb.

Therapeutic Properties and Uses—It is expectorant and slightly tonic. It is a very valuable remedy for all affections of the lungs and the respiratory organs, bronchitis, asthma, nasal catarrh, laryngitis. It produces a tonic effect and has an aromatic odor and taste.

Dose—See general directions, page 124.

VEGETABLE OILS

These are liquid or solid substances, unctuous to the touch and characterized by inflammability, and the property of making a greasy stain upon paper. They are divided into two classes; the fixed and volatiles, because distinguished most readily, as their names imply, by their different behavior on the application of heat. Their therapeutic properties are indicated in both internal and external application. Only a limited number of the principally used oils, will be mentioned in this work and these, mainly for their anodyne and healing virtues, when applied externally, in the form of ointments, liniments, etc., in the treatment of diseases.

OIL of CAMPHOR (*Ole um Camphorae*)

The oil of Camphor, is a volatile oil and has properties similar to those of camphor; but more stimulant, and is especially applicable to affections of the stomach and bowels, in which an anodyne and stimulant impression is indicated; as flatulent colic and spasmodic cholera. It may be used externally, as a rubefacient and anodyne liniment, diluted with soap liniment, or olive oil. In local rheumatism and neuralgic pains, bruises, sprains, etc. The dose is two to three drops.

OIL of EUCALYPTUS (*Oleum Eucalyptic*)

Oil of Eucalyptus is a volatile oil distilled from the fresh leaves of Eucalyptus. When taken internally in doses of from 20 to 30 drops, it causes increased action of pulse and general excitation with restlessness and increased venereal appetite, usually followed by

a feeling of calmness and repose, ending in sleep. Externally, it acts as a powerful irritant: may be used in chronic skin affections and ulcerations when a stimulant anti-septic application is indicated. It is claimed to be superior to carbolic acid as an antiseptic. **Dose** 10 to 15 drops on sugar or sweetened emulsion.

OIL of FLAXSEED, Linseed oil (*Oleum Lini*)

A fixed oil expressed from flax seed without the use of heat. The oil is a laxative in the dose of a fluid ounce but on account of its disagreeable taste, it is seldom given internally. It has, however, been highly recommended as a cure for piles, in the dose of two ounces of the fresh oil morning and evening. It is sometimes added to purgative enemata; but its most common application is externally to burns, usually in combination with very powerful astringents.

OIL of PEPPERMINT

(*Oleum Mesthae Piperitae*)

A volatile oil distilled from Peppermint. It is stimulating and carminative and is much used in flatulence, nausea, spasmodic pains of the stomach and bowels and as a corrigent or adjustant of other ingredients. Externally, it is one of the best remedies at our command for neuralgia and is said to have been used in China from time immemorial. In Rheumatism, also, it is a very useful anodyne counter-irritant. The dose is from 2 to 8 drops on sugar.

OLIVE OIL (*Oleum Olivae*)

A fixed oil expressed from the ripe fruit of *Olea Europaea*. Olive oil is **nutritious and** mildly laxative. Taken into the stomach in large quantities, it serves to involve acrid and poisonous substances and mitigate their action. It has also been recommended as a remedy for worms and is a very common ingredient of laxative enemata. Externally applied, it is useful in relaxing the skin and sheathing irritated surfaces from the action of the air. But the most extensive use of Olive oil is as a constituent of liniments, ointments, cerates and plasters. The dose as a laxative is from one to two fluid ounces.

CASTOR OIL (*Oleum Ricini*)

A fixed oil expressed from the seed of *Ricinus Communis*. Good Castor oil is a mild and speedy cathartic, usually operating with little griping or uneasiness and evacuating the contents of the bowels without much increasing the alvine secretions. Hence it is particularly applicable to constipation, from collections of indurated faeces, and to cases in which acrid substances have been swallowed or acrid secretions have accumulated in the bowels. It is indicated in diseases attended with irritation or inflammation of the bowels, as colic, diarrhea, dysentery and enteritis; also in cases of pregnant and puerperal women. It is the best and safest cathartic for children. It is beneficially used as an enema in the quantity of 2 or 3 fluid ounces mixed with some mucilaginous liquid. It is recommended as a local application to the breasts of the **nursing** mother to promote the secretion of milk. The

dose for an adult is half a fluid ounce; for an infant, from one to three or four fluid drachms. On account of its' disagreeable taste, an excellent method of administration is to mix it with an equal amount of glycerine and strongly aromatize with a volatile oil or mix with sarsaparilla syrup.

OIL of TURPENTINE

(*Oleum Terebinthinae*)

A volatile oil distilled from Turpentine. It is stimulant, diuretic, occasionally diaphoretic, anthelmentic, in large doses, cathartic and externally rubefacient. It is very valuable in the treatment of many diseases, when properly administered. Externally, in the form of a liniment mixed with some mild or emollient oil, it is a very valuable remedy for Rheumatic affections, anthrax, erysipilas, eczema, parasitic affections, sprains, swellings, inflammations, etc.

The dose for ordinary purposes is from 5 to 30 drops, repeated every hour or two in acute and 3 or 4 times in chronic diseases.

OIL of THEOBROMA

Cocoa Butter (*Oleum Theobromae*)

A fixed oil expressed from the seed of Theobroma Cocoa. Cocoa Butter is used mainly as an ingredient in cosmetic ointments, coating pills and preparing suppositories. In combination with Cocoanut oil it is valuable in smoothing out wrinkles of the skin, filling out hollow cheeks and developing the surface of most any part of the body, if well rubbed into the skin.

COCOA-NUT OIL (Oleum Nucifera)

It is the fixed oil of the cocoa-nut. It has been used for various purposes. It is believed to possess virtues similar to those of cod-liver oil and has been used with advantage in consumption. On account of its' less tendency to rancidity, its' more ready absorption when rubbed on the surface of the body and its' less liability to produce chemical changes in the substances with which it is associated, it is preferable as a base for various ointments and cosmetics.

SAMPLE FORMULA FOR NERVOUS PATIENT

Active Herbs	1 oz. Blue Scullcap
	2 ozs. Valerian
	1 oz. Skunk Cabbage
Demulcent	1 oz. Althea
Aromatic-Carminative	1 oz. Catnip
Laxative	1 oz. Cascara

It is not imperative, however, to adhere strictly to the proportions and number of ingredients given in the above formula but it gives a general idea. The person prescribing must use judgment by studying his patient's needs.

HOW TO SELECT OR PRESCRIBE HERBS FOR SPECIFIC PREPARATIONS

A few simple instructions will be given here whereby the physician or any person of ordinary intelligence may be able to prescribe or prepare formulas for any specific disease desired and which can not be excelled for purity, quality and remedial virtues.

It is never good policy to attempt to make your formula a cure-all for the reason that it would be impossible for the ingredients to harmonize; in other words, their physiological actions would conflict.

To obtain maximum results, every formula or prescription should be divided into the following proportions: four parts active herbs having properties indicated directly in the disease to be treated, such as alteratives, nervines, depuratives, etc., as the case may be and one part each of a selected demulcent, aromatic, carminative and laxative. The demulcent is necessary to sooth and protect irritable mucous membranes or modify any irritable action of the active properties. The aromatic-carminative flavors and makes the preparations more agreeable to the taste, also adjusts and corrects griping and other disagreeable actions of the active properties. The laxative may be optional. However, the bowels must not be obstructed and laxatives will offset any astringency to the bowels which the active herbs may contain.

GLOSSARY

In the following glossary will be found short definitions of terms employed in this book to designate the therapeutic properties or physiological action of the various herbs described; also classification of the principal herbs noted for the particular therapeutic properties under which they are listed.

Absorbents—Counteracts acidity of the stomach and bowels:

Charcoal

Lycopodium

Alteratives—Modify nutrition so as to overcome morbid processes; effect a gradual cure by restoring the healthy functions of various organs:

Horse Nettle

Oregon Grape

Golden Seal

Poke

Prickly Ash

Sarsaparilla

Sassafras

Spikenard

Tag Alder

Twin Leaf

Yarrow

Yellow Parilla

Eschinacea

Wahoo

Buckbean

Figwort

Pomegranate

Anodynes—Relieve pain or cause it to cease:

Figwort

Catnip

Elecampane Root

Bull Nettle

Hops

Arnica

Anthelmintics and Vermifuges—Remedies which expel worms:

Aloes

Male Fern

Jerusalem Oak

Kousso

Wormwood

Balmony

Anthilitics—Prevent formation of calculi in the urinary organs:

Hops

Bearberry

Antiperiodics—Arrest morbid periodic movements:

Golden Seal

Poplar Bark

Cinchona

Oregon Grape

Antirheumatics—Relieve or cure rheumatism:

Birch Bark

Twin Leaf

Wild Yam

Virginia Snakeroot

Wintergreen

Pipsissewa

Antiscorbutics—Cure or prevent scurvy:

Yellow Dock

Yellow Parilla

Burdock

Cleavers

Nettle Leaves

Antiseptics and Disinfectants—Opposed to putrefaction:

Saw Palmetto

Cinchona

Golden Seal

Wild Indigo

Water Pepper

Oak Bark

Alder Tag

Antispasmodics—Relieve or prevent spasms:

Black Haw

Catnep

Chamomile

Yellow Jessemine

Mistletoe

Lycopodium

Skunk Cabbage

Valerian

Balm

Celery

Cramp Bark

Grindelia

Scullcap

Wild Yam

Spikenard

Blue Cohosh

Lobelia

Linden

Anti-Fat—Remedy for over-fatness:

Bladder Wrack Chickweed

Anti-Syphilitic—Opposed to or curing venereal diseases:

Echinacea Alder Tag

Stillingia Poke

Bull Nettle

Aperients and Deobstruent—Gentle laxative without griping; Remove obstructions:

Boneset Plantain

Couch Grass Chicory

Dandelion Cleavers

Parsley Golden Seal

Mandrake

Aphrodisiac—Believed capable of increasing sexual power or excitement:

Damiana Aletris

Yohimbehe Bull Nettle

Button Snake

Aromatics—Having grateful smell and agreeable taste:

Angelica Anise

Birch Fennel

Motherwort Parsley

Peppermint Rosemary

Spearmint Balm

Wintergreen Sassafras

Celery Lovage

Astringents—Having the property of constricting the organic texture; Render solids denser and firmer:

Oak Bark Tormentilla

Gravel Plant White Pond Lily

Plantain Beth Root

Lily Root
 Wild Cherry
 Hemlock
 Nettle Leaves
 Bugle Weed
 Wild Geranium
 Bayberry
 Pipsissewa
 St. Johnswort

Sweet Fern
 Wattr Pepper
 Witch Hazel
 Bearberry
 Rhatana
 Dogwood
 Pomegranate
 Yarrow
 Strawberry Leaves

Carminatives—Expel flatulency: prevent griping in cathartics and corrects disagreeable effects of other properties:

Anise seed
 Calamus
 Fenugreek
 Jamaica Ginger
 Peppermint

Angelica
 Canada Snakeroot
 Fennel
 Galangal
 Spearmint

Cathartics—Purgatives: accelerate the action of the bowels or increase the discharge by stool:

Aloes
 Buckthorn
 Mandrake

Senna
 Balmony
 Rhubarb

Buckbean

Cholagogues—Having the power of provoking a flow of bile:

Black Root
 Mandrake
 Barberry

Golden Seal
 Dandelion
 Blue Flag

Condiments—Improve the savor of food:

Mustard
 Saffron

Sage
 Capsicum

Counter-Irritants—Cause irritation in one part to relieve pain in another:

Capsicum	Mustard
Jamaica Ginger	Blood Root
Poke	Water Pepper
Lobelia	

Demulcents—Soothing, muscilaginous; relieve inflammation and protect irritated mucous membranes or other tissues:

Gum Arabic	Ginseng
Fenugreek	Comfrey
Coltsfoot	Couch Grass
Licorice	Elm
Lungwort	Flax
Althea	Iceland Moss
Mullein	Low Mallow

Depuratives—Cause excretion and thereby cleanse the system: blood purifiers:

Bitter Sweet	Burdock
Echinacea	Sarsaparilla
Wild Clover	Yellow Dock

Detergents—Cleanse wounds, boils or ulcers:

Water Pepper	Wild Geranium
Oak Bark	Horsetail
Tormentilla	

Diaphoretics—Produce insensible perspiration:

Blessed Thistle	Indian Turnip
Balm	Linden
Crawley	Boneset
Life Root	Catnep
Pleurisy Root	Elder
Saffron	Ladyslipper
Bitter Root	Tansy
	Sage

Diuretics—Increase the secretions and flow of urine by action upon the kidneys:

Althea	Broom Tops
Buchu	Burdock
Bull Nettle	Bearberry
Buttonsnake	Couch Grass
Cleavers	Corn Silk
Cubeb	Dwarf Elder
Elder	Gravel Plant
Horsetail	Hydrangia
Juniper	Kidneywort
Life Root	Low Mallow
Parsley	Pipsissewa
St. Johnswort	Bitter Root
Figwort	Haircap Moss
Lycopodium	Senega Root
Queen of the Meadow	

Emetics—Produce or cause vomiting:

Boneset	Lobelia
Mustard	Poke
Bitter Root	

Emmenagogues—Stimulate and promote menstruation:

Aletris	Blue Cohosh
Cotton Root	Black Cohosh
Motherwort	Life Root
Pennyroyal	Parsley
Rue	Rosemary
Tansy	Saffron
	Thyme

Emollients—Soften and soothe inflamed parts:

Coltsfoot	Wormwood
Flax	Elm
Hops	Low Mallow

Mullein

Expectorants—Act upon the pulmonic mucous membrane and increase or alter its secretions:

Beth Root	Lobelia
Blue Vervain	Blood Root
Elm	Canada Snakeroot
Horehound	Grindelia
Lungwort	Licorice
Pleurisy Root	Nettle Leaves
White Pine	Wahoo
Coltsfoot	Yerba Santa
Senega Root	Indian Turnip

Febrifuges—Abate or drive away fever:

Boneset	Dogwood
Cinchona	Centaury
Poplar Bark	Hops
Pleurisy Root	Yellow Jessamine
	Chocolate Root

Hepatics—Relating to diseases of the liver:

Barberry	Wormwood
Dandelion	Blue Flag
	Mandrake

Haemostatics—Arrest or stop bleeding; soothing:

Cotton Root	Oak Bark
Rhatany	Tormentilla
Wild Geranium	Yarrow
Horsetail	Beth Root

Hydrogogues—Purgatives which cause large watery discharges; believed capable of expelling serum:

Aloes	Mandrake
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Hypnotics—Produce or cause sleep:

Hops	Valerian
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Laxatives—Mildly purgative:

Cascara	Licorice
Oregon Grape	Saffron
Wahoo	Balmony
Damiana	Golden Seal
Dandelion	Bitter Root

Lithontryptic—Dissolve calculi in the urinary organs:

Corn Silk	Gravel Plant
Hydrangia,	Stone Root
Flax	Life Root
{Bearberry	Pipsissewa

Nervines—Allay nervous excitement; act upon nervous system:

Black Cohosh	Catnep
Hops	Chamomile
Motherwort	Lady Slipper
Peppermint	Mistletoe
Valerian	Scullcap
Celery	Yellow Jessamine

Parturients—Induce or produce labor or child-birth:

Skunk Cabbage	Cotton Root
Spinkenard	Squaw Vine
Black Haw	Blue Cohosh

Pectorals—Relieve affections of the chest:

Ground Ivy	Hyssop
Iceland Moss	Life Everlasting
Life Root	Wild Cherry

Refrigerants—Lessen the bodily temperature:

Cleavers	Boneset
Cinchona	Balm
Poplar Bark	Yerba Santa

Sedatives—Lower functional activity:

Althea	Bull Nettle
Corn Silk	Crawley
Mistletoe	Hops
Cramp Bark	Bugle Weed
Lobelia	Linden

Sialagogues—Provoke the secretion of saliva:

Prickly Ash	Senega Root
Blue Flag	

Stimulants—Increase functional activities:

Bayberry	Prickly Ash
Catnep	Blood root
Celery	Capsicum
Jamaica Ginger	Canada Snakeroot
Galangal	

Stomachics—Strengthen and gives tone to the stomach:

Capsicum	Linden
Golden Seal	Dandelion
Quassia	Ginseng
Sage	Rhubarb
Wormwood	Wild Yam
Colombo	

Styptics—External astringents; arrest bleeding:

Horsetail	Wild Geranium
Celendine	Oak Bark
Plantain	Rhatany
Tormentilla	

Sudorofics—Provoke copious perspiration:

Blue Vervain	Blessed Thistle
Boneset	Sage
Jamaica Ginger	Virginia Snakeroot

Tonics—Increase the tone of strength of the living system:

Aletris	Blessed Thistle
Oregon Grape	Black Root
Buchu	Bearberry
Blue Vervain	Colombo
Chicory	Golden Seal
Gentian	Yellow Parilla
Chocolate Root	Bugle Weed
Buckthorn	Dogwood
Balmony	Strawberry Leaves

Vulnerary—Healing to fresh cuts and wounds:

Blue Vervain	Lily Root
Couch Grass	(white pond)
Grindelia Robusta	Shepherd's Purse
Marigold	St. Johnswort
Arnica	Wild Indigo
Celendine	Plantain
Comfrey	Tansy

Uterine Sedatives—

Black Haw	Cramp Bark
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Uterine Stimulant—

Beth Root	Damiana
Cotton Root	Squaw Vine
Saw Palmetto	

Cardiac Depressants—Lower heart action:
Lily of the Valley

Cardiac Stimulants—Increase the heart action:

Mistletoe	Lily of the Valley
Wormwood	

Herpatics—Indicated in the cure of eruptions, ringworms, skin diseases, etc.

Blood Root

Stone Root

Beth Root

Buckthorn

Hyssop

Celendine

Poke

Discutient—Dispel or resolve tumors, etc.:

St. Johnswort

Stillingia

Plantain

Tansy

Yellow Dock

Blood Root

COMMON DISEASES

Suggestions as to the Principal Active Therapeutic Properties Indicated In the Treatment of Various Diseases

Abortion. (to prevent) Anti-spasmodic, uterine tonics and astringents.

Abscesses. External use; antiseptics, vulneraries, disinfectants, absorbants and emollients. Internal use; alteratives, depuratives, diuretics and laxatives.

Amenorrhea. (Suppressed Menstruation) Emmenagogues, diaphoretics and stimulants.

Anemia. Depuratives, alteratives, tonics, laxatives.

Appendicitis. Internal use; Laxatives, cholagogues, antispasmodics, tonics. External use; Emollients, anodynes, absorbents.

Asthma. Diaphoretics, expectorants, alteratives, antispasmodics, pectorals.

Auto-Intoxication. Depuratives, alteratives, diuretics, aperients, cholagogues, diaphoretics, tonics.

Bed-Wetting. Astringents, diuretics, alteratives, and in certain cases, anodynes and hemostatics are indicated.

Biliousness. Cholagogues, diuretics, stomachics, tonics.

Bright's Disease. Astringents diuretics, diaphoretics, hydragogues, heart stimulants.

Bronchitis. Expectorants, diaphoretics, alteratives.

Burns and Scalds. Vulneraries, emollients, anodynes.

Cancer. Alteratives, depuratives, tonics, aperients.

Catarrh (Nasal). Alteratives, depuratives, diaphoretics, tonics, diuretics, expectorants.

Circulation (to promote). Tonics, cardiac stimulants, alteratives, depuratives.

Constipation. Laxatives, cholagogues, tonics, aperients, diuretics, alteratives.

Croup. Internal use; Emetics. External use; Hot mustard poultice and stimulant liniments.

Diarrhea (Dysentery)—Aperients, astringents, cholagogues, tonics, laxatives.

Diabetes Millitus—Astringents, diuretics, tonics, alteratives.

Dropsy—Diuretics, diaphoretics, hydragogues.

Dyspepsia—Stomachics, absorbents, tonics.

Dysmenorrhea — Anodynes, hydragogues, antispasmodics, uterine sedatives, tonics, emmenagogues.

Epilepsy (Fits)—Anti-spasmodics, nervines, diuretics.

Eczema and Eruptions—Internal use; Alteratives, depuratives, diuretics, tonics, aperients. External use; Detergents, emollients, herpatics.

Erysipelas—Internal use; alteratives, depuratives, tonics, diuretics, aperients. External use; Anodynes, herpatics, emollients, detergents.

Gall Stones—Aperients, cholagogues, diuretics, demulcents.

Gangrene—Externally; antiseptics and disinfectants, absorbents. Internally; Alteratives, depuratives, aperients, tonics.

Gonorrhea—Gleet—Astringent, diuretics, demulcents.

Gout—Constitutional treatment: alteratives, depuratives, aperients, tonics.

Headache (nervous)—Nervines, anodynes, sedatives, antispasmodics.

Hives—Constitutional treatment: alteratives, depuratives, aperients, tonics.

Hysteria—Nervines, sedatives, antispasmodics.

Incontinence of Urine—Astringents, diuretics, aperients, nervines.

Indigestion—See Dyspepsia; also Stomach Catarrh.

Insomnia (Sleeplessness)—Nervines, antispasmodics, sedatives.

Influenza (LaGrippe)—Stimulants, tonics, sudorifics, febrifuges.

Jaundice—Cholagogues, aperients, tonics, diuretics.

Leucorrhea—Astringents, emmenagogues, antispasmodics, tonics, diuretics. Externally; antiseptic and detergent douche.

Malaria, Ague—Febrifuges, antiperiodics, tonics, aperients.

Menorrhea—Astringents, hemostatics, demulcents, diuretics.

Nervous Prostration—Nervines, sedatives,

antispasmodics and herbs that tend to increase circulation.

Neuralgia, Sciatica—Alteratives, depuratives, tonics, anodynes, nervines. Externally. Anodyne liniments, fomentations and ointments.

Obesity (over-fatness)—Anti-fat, purgatives, nervines, diuretics.

Piles—Laxatives, tonics, aperients, demulcents, astringents. Externally: detergents, styptics, emollients.

Parturition—Parturients, antispasmodics, sedatives, tonics.

Pleurisy—Diaphoretics, expectorants, pectorals, alteratives. Externally: hot mustard poultice to chest.

Pneumonia—Febrifuges, sudorofics, tonics. Externally; hot mustard poultices to seat of pain.

Retention of Urine—Diuretics, aperients, demulcents.

Rheumatism—Alteratives, depuratives, diuretics, antirheumatics, nervines, aperients, laxatives, anodynes. Externally; Anodyne and stimulating liniments.

Scrofula—Antiscorbutics, alteratives, depuratives, aperients, tonics.

Sprains, Swellings—Constitutional treatment for inflammation. Externally; Anodyne and emollient poultices and liniment.

Sterility—Uterine stimulants, generative tonics.

Stomach Catarrh—Stomachics, tonics, anti-

spasmodics, demulcents, depuratives, aperients.

Syphilis—Alteratives, depuratives, aperients, tonics, diuretics.

St. Vitus' Dance—Chorea—Nervines, antispasmodics, tonics.

Tonsilitis—Internally; constitutional treatment, purgatives. Externally; vulneraries, detergents in form of gargle.

Ulcers (of the womb)—Injection of White Pond Lily into neck of womb and as an auxiliary treatment, drink 2 or 3 cups of the infusion a day. Constitutional treatment imperative to remove cause. Externally; vulneraries, detergents, antiseptics, in form of poultices or ointments.

Whooping Cough—Expectorants, alteratives, antispasmodics, laxatives.

Worms—Anthelmentics and vermifuges.

HOW AND WHEN TO GATHER HERBS

The time to gather vegetable herbs, roots, etc., is when the plant has reached a stage of its growth when all its properties are fullest. It is just as important to handle them properly after they are collected, in order that their therapeutic properties may be fully retained and preserved.

Roots—Should be gathered before the sap rises in the Spring but may also be taken after the leaves have dried in the Fall. Wash well and dry by artificial heat—not exceeding 100 degrees.

Bark—Gather barks in Fall or early Spring and after removing the outer portion of the bark, cut and put in a dry place.

Berries and Fruits—Berries, succulent fruits and seeds are to be gathered only when ripe, except in some cases where the medical virtue is contained in the unripe article.

Flowers and Seeds—Flowers should be gathered when about to open or after they have expanded. Seeds should be thoroughly ripe. Both must be collected during dry weather and dried in a shady place.

Herbs, Stems, etc.—Are best gathered at any time when blooming, before the Autumn frost and dry in the shade.

Leaves—Leaves are best when collected between the period of flowering and maturation of the fruits or seed. The best method of drying leaves is to strip them from the stem, lay them loosely upon a flooring where the sun shines moderately and the air circulates sufficiently to avoid mould. Keep them well stirred.

HOW TO PREPARE HERBS FOR USE

Infusions—To make an infusion or tea, steep one desert spoonful of the cut or crushed herbs in a cupful of boiling water until cold. Strain and drink one or two cupsful during the day, a large mouthful at a time. This is the average dose for adults. Children should take proportionately less.

Powdered Herbs—Of the powdered herbs, mix one half a level teaspoonful in a glass of warm water, milk or fruit juice. This is an average dose for adults and may be taken two to four times a day, as indicated. Children proportionately less.

Preservatives—To preserve or prevent fermentation of liquid preparations for a reasonable length of time, it is not necessary to use alcohol. Aside from being an excellent preservative, alcohol acts merely as a temporary stimulant and has not a lasting effect, besides being very expensive. Simply make a decoction by boiling two ounces of any of the non-poisonous or non-narcotic herbs, roots, etc., in a quart of water down to a pint. Strain while hot and add an ounce or two of glycerine; also about one half of a level teaspoonful of common baking soda. If preferred, honey or sugar syrup may be used in place of the glycerine. The average dose of a preparation made in this way, for adults, one tablespoonful, for children, smaller in proportion.

Doses—Each individual has a different constitution. Therefore, directions as given above may not give maximum results in all cases. Judgment as to doses and time to administer must be exercised by each individual user.

PART III.

PATHOLOGY

PREVALENT DISEASES Their Cause; Symptoms and Treatment.

In this part of the work, the author proposes to give an outline of the natural history of the various prevalent diseases and advice as to the modes of preventing their onset, when threatened, recommendations as to their hygienic management; hints as to their probable course, cause, symptoms and finally, suggestions in regard to their proper treatment.

DYSPEPSIA

Synonyms: Indigestion; Heartburn.

Definition: A functional disorder of the stomach, with deficient secretions of gastric juice, either in quality or quantity; and usually attended with unsatisfactory digestion and assimilation.

Causes: Nervous depression from worry and fatigue. Sedentary habits (not enough exercise), imperfect mastication, over-eating, etc.

Symptoms: The appetite is often perverted, or lost; digestion poor with a sense of distention and weight about the abdominal region; acidity; heartburn; flatulency (gases). Drowsiness after meals and sleeplessness at night; also defective memory, headache, flashes of heat followed by more or less perspiration. The tongue usually is broad, flab-

by and pale. Bowels are constipated and the urine scanty and high-colored.

Treatment: Regulation of diet. Starchy or fatty articles of food should be avoided. Underdone meats, fish and green vegetables, with stale or brown bread are advised. Only small quantities of liquids should be allowed. Half an hours rest after meals is of benefit. In the nervous type of dyspepsia, general physical and mental rest is indicated.

Herbal Treatment: **Sanatone** as a fundamental treatment will overcome most cases of dyspepsia; however, should it be an aggravated case of long standing, a **specific** preparation may be necessary. See page . If bowels are constipated, use **Sanalax**.

GASTRITIS (Chronic)

Synonyms: Gastric Catarrh; chronic dyspepsia.

Definition: A catharrhal inflammation of the stomach with a weakened condition of the musculature, decrease in the size of the stomach-glands (atrophy) and increased secretion of mucous.

Causes: Repeated attacks of dyspepsia, neglected or long continued; the constant and excessive use of spirituous liquors, tea, coffee and drinking ice-water during and between meals; unsuitable food; irregularity of meals, etc.

Symptoms: Same as those of indigestion; also a disagreeable feeling of gnawing, and at times, of fullness in the stomach, accompanied by tenderness. Early morning vomiting, constant thirst, heartburn and also vertigo and

sleeplessness. The urine is usually of a high color. Bowels are constipated.

Treatment—Constipation should be relieved. A milk diet should prove beneficial. Hot water should be taken before retiring. Food should be masticated thoroughly and eaten slowly.

Herbal Treatment—**Sanatone**, taken as directed, after each meal. In severe cases a specific preparation may be necessary. Use **Sanalax** for the bowels.

CATARRH of STOMACH (Chronic)

Synonyms—Gastric Catarrh; Chronic Dyspepsia.

Definition—A catarrhal inflammation of the stomach with changes of the gastric juices; atrophy of gastric glands and increased secretions of mucous.

Causes—Repeated attacks of dyspepsia, excessive use of liquors, etc.; otherwise same as those in gastritis.

Symptoms—See gastritis.

Treatment—Same as in gastritis.

ULCERATION of the STOMACH

Synonyms—Gastric Ulcer; simple or round ulcer.

Definition—A round or oval, defined loss of tissue of the mucous membrane or of one or more layers of the wall of the stomach or duodenum; characterized by gastric pain, disorders of digestion, hyper-acidity and vomiting blood.

Causes—Early adult life, chlorosis (Green-sickness or pronounced anemia). The exciting cause may be an embolus or self-digestion of the stomach-wall. Also a feeble nutrition

of part of the mucous membrane. It is sometimes associated (more often in males) with tuberculosis.

Symptoms—Manifestations of digestion are commonly present; localized tenderness; vomiting, etc. Pain is usually felt, ten to thirty minutes after eating; but may be delayed for two or three hours; and is aggravated by the taking of food, especially hot, too cold, indigestible or spicy substances.

Treatment—Rest in bed. A diet preferably milk and lime water, beef-juice; egg-albumin, skimmed milk, etc.

Herbal Treatment—**Sanatone** should be employed as a fundamental treatment, but where a case of ulceration is definite, a **specific** treatment should be resorted to at once.

See specific preparations page.

APPENDICITIS

Synonym—Typhlitis.

Definition—An acute inflammation of the vermiform appendix; involving the surrounding tissues.

Causes—Fecal Impaction; errors in diet; tarrh, etc. It is also liable to follow typhoid fever or influenza.

Symptoms—The affection often begins with a feeling of weight and soreness and develops rapidly into severe pain over the entire abdomen. The pain is increased by coughing, deep-breathing, and by lying on the left side. Nausea and vomiting are frequent and often occur early in the attack. Constipation is the rule, but sometimes it is replaced by diarrhea. The tongue becomes coated and appetite dis-

appears. Many complications may occur.

Treatment—If possible avoid an operation. The patient should be placed in bed, and the diet restricted to liquids. In the early stage a mild laxative may be administered. Heat or cold applied to abdomen will, in a measure, relieve the pain.

Herbal Treatment—Proper use of **Sanalax**, sufficient to keep the bowels active, at all times, will prevent the appearance of any symptom or cause for, appendicitis. In severe cases an anodyn-emollient poultice should be applied, to remove the pain. While an herbal chologogue preparation is necessary to remove the cause. Severe cases, therefore, require specific treatment.

BILIOUSNESS

Synonyms—Congestion of the Liver, torpid liver.

Definition—Abnormal fullness of the vessels of the liver, with enlargement of that organ. The condition is marked by torpidity of the digestive and mental functions and slight jaundice.

Causes—Atmospheric or artificial heat; habitual constipation; malaria; eating and drinking to excess; alchoholic or malt liquors. In females an arrested menstruation may cause an attack.

Symptoms—Aching of the limbs, feverishness, headache, depression of spirits, coated tongue, nausea and sometimes, vomiting. Constipation and flatulence are usually present. There is a feeling of fullness, weight and soreness in the hepatic (liver) region, with a dull pain extending to the right shoulder.

Complexion is muddy and off-color.

Treatment—Rest, liquid diet, free purgation, etc., will benefit. In acute attacks, hot applications may be applied over the region of the liver.

Herbal Treatment—**Sanatone** should be taken regularly for a time; while **Sanalax** is necessary to regulate the bowels. These remedies taken occasionally or when symptoms indicate, will prevent any occurrence of biliousness. Few cases ever require a specific or further treatment.

DIARRHEA

Synonyms—Alvine flux; profuse evacuation, purging.

Definition—Frequent loose evacuations, due to functional or organic derangement, of the smaller intestines; and produced by causes acting either locally or constitutionally.

Causes—Dietetic errors, impure food and water, irritating matter or secretions poured into the bowels, also intestinal inflammation.

Symptoms—May be acute or chronic and are manifested chiefly by an alteration in the number of stools. The stools may be **mucous, watery, purulent, black, etc**; depending upon various abnormal conditions.

Treatment—Diarrhea being only a symptom, the treatment is governed by underlying pathological conditions.

Herbal Treatments— Use **Sanatone** and **Sanalax** to regulate the functions of the stomach and intestines. In severe cases specific astringent remedies are required.

DYSENTARY

Synonyms—Catarrh of rectum; bloody flux.

Definition—An inflammatory condition of the mucous membrane of the large intestine. In some cases it is marked by ulceration, fever, griping pains, also, there may be frequent small, mucous and bloody stools.

Causes—Predisposing causes are warm climate, sudden atmospheric changes, errors in diet, impure drinking-water, exposure to cold and wet and bad hygienic conditions.

Symptoms—It usually begins gradually, with diarrhea, loss of appetite, and slight fever continuing for two or three days; when the true dysenteric symptoms develop, viz; pain and pressure along the transverse and descending colon, burning pain in rectum, with the sensation of the presence of a foreign matter and a constant desire to expell it. The first day or two the stools contain more or less fecal matter, but soon they change to a greyish, tough mucous, containing more or less blood and pus. The urine is scanty and high colored. The duration is about one week, during which the patient is rapidly becoming emaciated and enfeebled.

Treatment—Patient should be confined to bed, even if the case should be a mild one, and the bed-pan employed. Care should be taken to thoroughly disinfect the discharges. The diet should be bland and unirritating.

Herbal Treatment—In the beginning of a case of dysentary, the same herbal treatment, as for diarrhea may be applied; but if it develops, a specific astringent treatment must be resorted to.

CONSTIPATION

Synonyms—Costiveness; intestinal torpor.

Definition—Functional inactivity of the intestinal canal, marked by a change in the character and quantity of stools. There are several varieties.

Causes—Diseases of the digestive tract, fevers, sedentary habits, neglect, painful defecation, improper diet, strictures, displaced organs, foreign bodies, etc.

Symptoms—Less than one stool in twenty-four hours, indicates constipation.

Treatment—The patient should have regular hour each day for going to stool, until a habit of daily stools is formed. The diet must be carefully regulated. Massage is an excellent treatment, in almost every variety of this affection.

Herbal Treatment—**Sanalax** in very moderate doses, three times a day, before or during meals, will overcome any case of constipation. Continue treatment until entirely normal.

GALL-STONES

Synonyms—Hepatic calculi. hepatic colic; biliary; calculi, cholelithiasis.

Definition—Concretions originating in the gall-bladder, derived from constituents of the bile. The presence of gall-stones is generally not recognized until one or more attempts to pass along the ducts; when an attack of hepatic colic is produced.

Causes—Obesity, sedentary habits, excesses in eating (Especially of sweet and starchy foods) and drinking, tight lacing, and stomach-diseases.

Symptoms—Manifestations of gall stones vary according to the course of the affection. While they remain in the gall-bladder, they usually do not cause much trouble. By irritation they sometimes induce malignant disease of the biliary passages. In hepatic colic, there is an agonizing pain, beginning over the gall-bladder and also over the abdomen. Nausea, vomiting, feeble pulse, cool skin, fainting, chills, moderate fever and sometimes convulsions accompany an attack.

Treatment—During an attack, hot formen-tations should be applied over the region of the liver and gall-bladder. Water drinking should be encouraged.

Herbal Treatment—To prevent an attack, it is necessary to dissolve the stones before they pass. When so dissolved they pass without the usual distress. For this purpose **Sana-tone** should be employed freely; also **Sanalax** is necessary to aid the elimination and prevent further cause for subsequent attacks. If the above directions are carried out, no specific or further treatment will be required.

JAUNDICE

Synonym—Icterus.

Definition—In catarrhal inflammation of the mucous membrane of the bile ducts and of the duodenum; characterized by gastrointestinal derangement, yellowness of the skin and icte-ra, itching of the skin, feverishness, and mental depression.

Causes—Extension of the gastrointestinal inflammation, such as follows excesses in eating and drinking; and exposure, is the most common cause. Atmospheric changes; con-

gestion of the liver and infectious fevers, may also induce jaundice; although less frequently.

Symptoms—The affection, begins with epigastric distress, impaired appetite, coated tongue, looseness of the bowels and slight feverishness. In from three to five days the eyes become yellow and jaundice, gradually appears on the whole body. Feverishness disappears. Skin becomes harsh and dry and itchy; bowels constipated, stools whitish or clay-colored; accompanied with gases and colicky pains; urine heavy and dark, loaded with urates and containing biliary elements.

Treatment—The sufferer, should be placed at rest in bed, and diet restricted to milk and lime-water, broths, eggs, etc. Care being taken to eliminate all starchy, fatty or sugar-containing substances.

Herbal Treatment—Free use of **Sanatone**, will surely overcome this disease and thereafter may be prevented by its use, when there is the least indication of its returning. The bowels should be kept normal by using **Sanalax**.

BRIGHT'S DISEASE

Synonyms—Nephritis; albuminuria; white kidney.

Definition—An inflammation of the cortical tubular structure of the kidneys; marked by albuminous urine, dropsy and increasing anemia.

Causes—It is a disease of young adults, especially males, and is seldom observed after forty years of age. Habitual exposure to cold and wet; malaria, syphilis, alcohol excesses; lead poisoning; pulmonary consumption; dis-

orders of the liver; pregnancy, etc., are common causes.

Symptoms—The onset of the affection is gradual and marked by a period of ill-health; anemia; digestive disturbances; weakness, puffiness under the eyes; palpitation of the heart, etc. Vomiting without apparent cause; headache; vertigo; defective vision and dropsy, are also symptoms. Irritability of the bladder is a very common symptom, occurring early in the course of the disease. The urine is scanty, high-colored and albuminous.

Treatment—Rest is the first indication in the treatment. Residence in a dry and warm climate, if possible. Woolen underclothing should be worn. Diet is of importance: Milk; lean meat; etc. The use of half a pint of warm water, acidulated with lemon, before meals is valuable.

Herbal Treatment—Bright's Disease is a very difficult disease, therefore, requires specific remedies and special attention by competent physicians. Good results, however, may be had, in the early stages by the use of **Santon** and also **Sanalax**.

DIABETES MELLITUS

Synonyms—Glycosuria; me liturai

Definition—A disorder characterized by constant presence of grape-sugar in the urine; an excessive urinary discharge; and the loss of flesh and strength.

Causes—Specific causes are not known. Nervous disorders, sexual excesses and malt-liquors, however, are contributing causes.

Symptoms—Cases differ greatly in their

course and severity. Urination is frequent and accompanied by pain in the region of the kidneys. The quantity of the urine, is greatly increased. It is pale, clear and of a sweetish odor. Sugar is present in amounts, varying from an ounce to two pounds, in twenty four hours. Albumin may be present. The mouth is dry and parched, with a constant thirst. Tongue is deeply red, and often cracked. Appetite is variable, vomiting occurs occasionally. Constipation is the rule, although diarrhea may occur. The general condition is marked by weakness; soreness and pains in the limbs; emaciation; skin harsh and dry; sometimes itchy. Neuralgia and headache are common. The temperature is usually below normal. Heart-action is weak. The blood and various secretions contain sugar.

Treatment—Regulate diet to exclude starches and sugars. Fasting has proved of great benefit for the elimination of sugar.

Herbal Treatment—Diabetes Mellitus, is another difficult disease to treat. Many have found relief and a possible cure by proper application of **Sanatone**, in due time. **Sanalax** also must be taken, to regulate the organs of elimination; however, in complicated cases of long standing a **Specific** treatment is absolutely necessary.

DROPSY

Synonyms—Ascites; abdominal dropsy.

Definition—Collection of serous fluid, in the abdomen, marked by distended abdomen, dullness or percussion; displacement of viscera; embarrassed respiration; etc.

It may be part of general dropsy, such as

follows heart, lung or kidney disease; or it may be due to some obstruction in the portal circulation. It may also accompany intense anemia.

Symptoms—Onset is gradual and considerable swelling of the abdomen may occur before the disease attracts attention. Constipation; scanty urination and embarrassed respiration and cardiac action result from the pressure of the accumulated fluid.

Treatment—The first indication is to treat the cause of the dropsy and remove the fluid.

Herbal Treatment—To remove the cause, patient should begin treatment at once with **Sanatone** and continue until all symptoms have disappeared. To effect a more speedy cure, a specific remedy is necessary to remove the fluid.

ASTHMA

Synonyms—Bronchial Asthma; Spasmodic Asthma.

Definition—A paroxysmal, spasmodic contraction of the muscular layer surrounding the smaller bronchial tubes and characterized by spasmodic attacks of distressing expiratory dyspnea, continuing several hours, days or weeks.

Causes—It is believed to be a true neurosis of the respiratory apparatus. It may result from peripheral or local disturbances in the nervous system. In many cases there is a family history of asthma, chorea or epilepsy. It is more common in men than women, and may occur at any age. Atmospheric and climatic changes may act as causes.

Symptoms—The paroxysm begins, in the

majority of instances, in the early morning hours or during the afternoon, with a feeling of anguish and constriction in the chest and an intense desire for air. The breathing is accompanied with wheezing, face is flushed and perspiring, eyes staring, eyeballs protruding and the muscles of the neck become prominent as they aid in the effort for air. It soon becomes so severe that the inspiration is but a gasp, the lips are pallid and the sufferer feels as if death were impending. During the paroxysm there is a short, dry cough, becoming more loose as the attack subsides. After a time the respiration becomes easier, the air in the lungs changes, and gradually the paroxysm ceases, leaving an exhausted feeling. The duration of an attack varies from one to many hours; or even days.

Treatment—There are two indications to meet—the relief of the paroxysms and the prevention of their recurrence. Dry climate is usually most beneficial. Additional aids are systematic exercise, bathing, regulated diet and when possible, a change of diet.

Herbal Treatment—In the early stages of asthma, **Sanapectoral** supplies all the treatment required. In protracted cases, however, where the paroxysms are very severe, a specific antispasmodic treatment is necessary. See specific treatments, page 232.

BRONCHITIS

Synonyms—Bronchial catarrh, winter cough.

Definition—An inflammation of the mucous membrane of the larger and middle-sized

bronchial tubes, marked by a cough, profuse expectoration, etc.

Causes—Often due to exposure and wet, or the repeated inhalation of dust, vapors, or other irritants. It is common in the aged,

Symptoms—The most common symptoms, are cough and expectoration. The cough may occur at all hours, but is usually more severe at night and early in the morning. The cough is not always present. It disappears for a time and then reappears, continuing thus for years. Coated tongue; disagreeable taste, loss of appetite, impaired digestion and gases are also symptoms.

Herbal Treatment—Persistent use of **Sana-pectoral**, especially in the early stages, will relieve, if not permanently cure any case of bronchitis.

CATARRH (Nasal)

Synonyms—Chronic rhinitis; coryza; ozena.

Definition—An inflammation of the mucous membrane lining of the nasal passages.

Causes—Inhalations of irritating vapors and dust; syphilis and scrofula, may also be causes of a catarrhal condition.

Symptoms—There is a feeling of fullness in the nose, with increased secretion of thick greenish muco-purulent material, which, dropping into the pharynx causes "hawking", most noticed in the morning, immediately after rising. The sense of smell is more or less impaired. Hearing, in many cases, is diminished. The voice has a peculiar nasal intonation. Mouth breathing is the rule and a constant frontal headache is common.

Treatment—In all cases, the general health should receive necessary consideration. Constitutional treatment should be given in addition to local measures. Cleanliness of the nasal passages is of utmost importance.

Herbal Treatment—Catarrh, properly called "the curse of mankind", is a deep-seated disease that requires a long constitutional treatment, to effect a permanent cure. Therefore, in most cases a specific preparation is essential. In the early stages, however, it may be checked or entirely relieved by persistent use of **Sanapectoral**.

LA GRIPPE

Synonyms—Influenza; grip; catarrhal fever.

Definition—An acute, infectious and contagious disease, associated with catarrhal inflammation of the respiratory and sometimes of the digestive tract; with pain disturbances of the nervous system and debility.

Causes—It usually occurs in epidemics along the lines of traffic. It is a bacillary affection.

Treatment—The onset is often sudden, with chills, followed by fever, a quick pulse, severe shooting pains in the eyes and forehead and neuralgic pains in the joints and muscles. These symptoms are followed by chilliness along the spine, pain in the throat, hoarseness, deafness, sneezing and a dry cough. The tongue is usually furred. Nausea and epigastric distress, vomiting and sometimes diarrhea are present. There is also a depressed feeling. Complications and relapses are common and are apt to prolong the disease.

Treatment—The patient should be in bed at absolute rest and restricted to a semi-solid diet. All the secretions should be disinfected. In the early stages a hot foot-bath or a hot tub-bath together with the administration of sweet spirit of nitre, may often be of benefit. During convalescence good food and some tonic, should be freely given, to strengthen and build up the system.

Herbal Treatment—Upon the appearance of the first symptoms, a large dose of **Sanapectoral**, as hot as can be borne, should be taken upon retiring. This usually will prevent, or at least effect a cure, within a few days. During convalescence, take **Sanatone**, according to directions.

PLEURISY

Synonyms—Pleuritis; “Stitch in the Side”.

Definition—An inflammation of the pleura (The serous membrane investing the lung), either acute or chronic in character; It is marked by a sharp pain in the side, a dry cough, dyspnea and fever.

Causes—Usually caused by, and following other diseases; such as tuberculosis, pneumonia, rheumatism, scarlatina, measles, Bright’s disease, etc.

Symptoms—The first signs are often chills followed by a sharp lancinating pain (stitch) near the nipple or in the armpit, aggravated by coughing and breathing and attended with slight tenderness on pressure. The respirations are rapid and shallow, and there is present a short, dry, hacking cough and moderate fever.

Treatment—The patient should be immediately placed at rest in bed and the diet restricted to liquids or semi-solid substances. Strapping the affected side by means of broad strips of adhesive plaster, is of benefit.

Herbal Treatment—Internally, use **Sanapectoral**, as directed. Externally, use **Sanabalm** upon the chest or affected parts and rub in well. During convalescence **Sanatone** will help tone and build up the body.

EPILEPSY

Synonyms—Falling-sickness.

Definition—A chronic disease, of which the characteristic symptom is a sudden loss of consciousness, attended with more or less general convulsions.

Causes—Epilepsy almost always arises, first during the growth and development of the brain. Heredity is supposed to exercise a strong predisposing influence. Worry, anxiety, depression, fright, syphilis, uterine disease and brain tumor, are causes.

Symptoms—In true epilepsy (grand mal) the attack proper is sudden. The subject suddenly falling with a peculiar cry; loss of consciousness and pallor of the face, the body assuming a position of tetanic rigidity succeeded after a few moments by or less pronounced chronic convulsions, followed by coma, of several hours duration. The subject may often injure himself during an attack, either directly from the fall, or, what is quite common, has bitten his tongue during the convulsions. The pupils are dilated and do not react to light. The other form of epilepsy (petit mal) is less severe and the attacks are much milder.

Treatment—Means should be taken to prevent the patient seriously injuring his tongue; to this end a portion of a towel, or a long piece of board, such as a clothes-pin, or the handle of a tooth brush, should be inserted between the teeth. The patient on the subsidence of the convulsion, should be placed comfortably at rest, in a quiet room. The diet should be restricted, according to individual need. Most cases require treatment for at least two years and often for a considerably longer time.

Herbal Treatment—As a fundamental treatment use **Sanatone** as directed, to regulate organic functions. However, to overcome spasms and convulsions a specific antispasmodic treatment is necessary. It is a very difficult disease to cure, yet the antispasmodic treatment here recommended has effected relief and permanent cure in many severe cases. See specific treatment page 232.

HYSTERIA

Definition—A functional disorder of the nervous system; characterized by disorders of the will, reason, imaginations and the emotions, as well as motor and sensory disturbances.

Causes—A morbid condition of civilization, confined principally to the female sex. Young girls, elderly single women, widows and childless married women are the most frequent sufferers of this disorder. The paroxysms frequently develop during the menstrual epoch. The “change of life” is another period for its manifestations.

Symptoms—The fit occurs nearly always in the presence of other individuals and develops with sighing, meaningless laughter, nonsensical talking and gesticulations, etc.

Treatment—Moral and hygienic measures are of the first importance in a management of hysteria patients. Treatment by isolation will prove of benefit in some cases. Dr. Weir Mitchell has devised a plan for bedfast hysterical patients, of massage, faradization and forced feeding, which has proven successful in a number of cases. There is no fixed therapeutic treatment for hysteria; the various symptoms calling for interference as they arise. Stimulants and opiates and other sedatives should however, be avoided.

Herbal Treatment—If **Sanatone** be taken to keep the vital organs functioning properly, there would be no cause for hysteria or other nervous affections. In some severe chronic cases however, a specific anti spasmodic nerve treatment is recommended.

NEURITIS. (Simple)

Definition—An inflammation of nerve-trunks, marked by pain, impaired sensation, motor paralysis and atrophy.

Causes—Among the principal causes may be included, wounds, injuries, exposure to cold and wet, rheumatism, infectious fevers, syphilis, lead-poisoning, etc.

Symptoms—The most decided symptom is pain with tenderness along the course of the nerve trunk, and its peripheral distribution, of a burning, tingling intense character, increased by pressure or motion. Spasmodic contractions and muscular cramps occur, fol-

lowed by impaired motion. The sense of touch is markedly impaired, while the temperature and muscular sense are but slightly disturbed.

Treatment—The affected part should be placed at rest. Gentle massage preferably with oil of Eucalyptus, as a lubricant, has proven a beneficial measure.

Herbal Treatment—**Sanatone** taken regularly for a time has proven wonderfully effective. **Sanabalm** should be rubbed well into the affected parts and **Sanalax** must be taken in order to maintain perfect elimination thru the bowels.

NEURALGIA

Definition—A disease of the nervous system, manifesting itself by a sudden pain of a sharp and darting character, following the course of sensory nerves. There are several varieties of this affection. Sciatica, intercostal neuralgia, Tic-douloureux or neuralgia of the fifth nerve, facial and lumbar-abdominal, etc.

Causes—Heredity, anemia, malaria, syphilis, rheumatism, metallic poisons, anxiety, mental exertion, exposure to cold and damp, injuries to nerve-trunks, eye-strain and dental affections.

Treatment—During intervals between attacks, the general health should be improved and all possible sources of reflex disturbances (causes) should be as far as possible, removed. The diet should be highly nutritious. The condition of the eyes, ears, nose and throat and teeth should always receive proper attention.

Herbal Treatment—**Sanatone** is the proper internal treatment in case of neuralgia and externally to allay the pain use **Sanabalm** freely rubbing it well into the affected parts. The bowels must be regular for this purpose. use **Sanalax**.

NERVOUS PROSTRATION

Symnonyms--Neurasthenia; nervous exhaustion; the American disease.

Definition—A debility of the nervous system, causing inability or lessened desire to perform or attend to the various duties or occupation of the individual.

Causes—Nervous temperament. Sexual excesses, alcohol, mental exertion, emotion, overwork and chronic diseases, are principal causes. Men are especially liable to the affection.

Symptoms—Nervous debility may affect any organ of the body. One of the earliest manifestations of nervous exhaustion is an irritability or weakness of the mental faculties, as shown by inability to concentrate the thoughts and efforts to do so causing headache, vertigo, restlessness, fear and a feeling of nervous depression; together with a good many symptoms attendant on general nervousness.

Treatment—Attention to the secretions, diet and surroundings, with rest and diversion of the mind are the essentials to success. Travel short of fatigue, pleasant companionship and relief from responsibility should be advised. Bathing, massage and galvanism are important aids in the management.

Herbal Treatment—Proper use of **Sanatone**, sufficient to insure regular functioning of the organs of the stomach and nervous system, would prevent any cause for any nervous prostration. However, if the case is obstinate and of long standing, a specific treatment may become necessary.

ST. VITUS DANCE

Synonyms—Chorea.

Definition—A functional disorder of the nervous system; characterized by irregular spasmodic movements of groups of muscles, with weakness more or less approaching paralysis of the affected parts. Excitement increases these movements, while sleep causes their cessation.

Causes—It is an affection of childhood and its production may be greatly influenced by rheumatic diathesis, habit, heredity, mental excitement, spring season and reflex disturbances such as produced by adherent prepuce, masturbation, worms, eye-strain etc. The disorder may be observed at times during pregnancy and after hemiplegia.

Symptoms—The onset is nearly always gradual, the child grimacing or jerking the arm or hand, as if in imitation, followed soon by decided irregular jerkings of the muscles of the face, of the eyelids, eyeballs and the shoulder, arm and hand, finally extending to the lower extremities and interfering to great extent with motility; in severe cases there may even be an inability of the sufferer to feed himself, or to hold anything in the hands. Speech is often unintelligible, the tongue constantly moving in an irregular manner. The

heart action is tumultuous and otherwise affected. The muscles are usually quiet during sleep. The mental faculties are somewhat blunted, temper more or less irritable and memory impaired. Rheumatism may occur as a complication or as a sequel.

Treatment—The child should be removed from all excitement, mental or physical and placed at comparative rest among the best hygienic surroundings. Many cases have shown rapid improvement when confined to bed in a darkened room. The diet should be light and secretions should be rendered free. If possible, the cause should be removed.

Herbal Treatment—**Sanatone** should be taken regularly as a constitutional corrective also **Sanalax** in order that proper elimination of the bowels may be had at all times. This treatment will remove the cause. However, should the case be well developed and cause any anxiety; the cause as well as effect may be removed by a simple harmless Specific treatment.

ANEMIA

Definition—A disease in the number of red blood corpuscles or the entire quantity of the blood with alterations in its more important constituents such as albumin and hemoglobin. It may be local or general, or it may be primary or secondary. In **primary anemia** the cause is unknown or at least hard to determine. In **secondary anemia** the cause is usually some other disease or injury.

Causes—Predisposing causes are female sex, pregnancy, menopause, heredity, etc. Exciting causes are deficient food, air or sunshine,

excessive work, mental shock and anxiety, nocturnal emissions, imperfect nutrition, intestinal catarrh, cancer, syphilis, etc.

Symptoms—Pallor of the skin and various mucous membranes is marked. Muscular weakness and loss of strength are present. The appetite is impaired and there is imperfect digestion, with occasional attacks of vomiting. The respiration is quickened. There are also irritability of temper, vertigo, swooning and attacks of hysteria. The pulse is full and rapid, and the heart is irritable. Edema of the ankles, is often present.

Treatment—The cause should be removed and rest, restricted exercise, fresh air, sunlight and a highly nutritious diet, should be advised. Various symptoms should be met with suitable remedies as they arise. Especially great care should be taken to prevent constipation.

Herbal Treatment—**Sanatone** is particularly indicated in the treatment and prevention of Anemia. **Sanalax** also must be used to regulate the bowels. No better remedy than the above could be suggested.

VERTIGO

Synonyms—Dizziness; giddiness.

Definitions—Vertigo or dizziness, is a state, in which the individual affected, or the objects about him, seem to be in rapid motion, in a rotary, circular or to-and-fro character.

Causes—They are of a rather intricate nature and would be hard to explain in a lucid manner in a limited space. The cause may be ocular, auditory, gastric, nervous, senile; etc.

Symptoms—In all varieties, the symptom of

a sensation of objects moving around the patient, or the patient moving around objects which remain stationary, is present to some degree. The attack comes on suddenly, with an indistinction of vision and a slight confusion of thoughts. The patient is apt to fall, unless he grasps something to steady himself. Nausea and vomiting are often associated with the vertiginous sensations. **There is no loss of consciousness.**

Treatment—In all persistent cases; the eyes should be examined and the state of refraction and muscle-balance carefully ascertained. In vertigo from a gastric origin, the diet should be carefully regulated. At the beginning of the treatment an exclusive milk diet has proven to be of great benefit. In all varieties of vertigo, the patient should abstain from tea, coffee, tobacco, highly seasoned foods, malt liquors, and alcohol, unless especially indicated.

Herbal Treatment—As a fundamental treatment to assist nature's organic system to function properly, **Sanatone**; as well as **Sanalax** must be employed. Cases that this treatment will not absolutely control, would necessarily require a specific treatment.

GOUT

Synonyms—Podagra.

Definition—A constitutional disease, usually inherited; marked by a sudden occurrence of a paroxysm of severe pain and swelling in one of the smaller joints—with the presence of uric acid in the blood, and a deposit of urate of sodium in the structure of the joint. Occuring in the hand, it has been termed **chira-**

ga; in the knee, **gonagra**.

Causes—The attacks are apt to follow some dietetic indiscretion, such as excessive eating of rich foods, also exposure, poisoning, nervous strain, sedentary habits, etc. are also causes.

Symptoms—**Acute gout** is rare. The paroxysm is often preceded by acid dyspepsia, constipation, headache, insomnia, irritability of temper, etc. The attack in most cases begins suddenly, between midnight and two A. M. with an acute pain in the ball of the big toe; which becomes red, hot, swollen and so sensitive that the slightest touch is intolerable. Associated with these symptoms; are chill, fever, thirst, coated tongue, constipation and scanty, high-colored urine depositing a heavy brick-dust sediment. The severity of the symptoms gradually lessen until the fourth or fifth day, when convalescence is established.

Treatment—Diet should be liquid, preferably milk. Underclothing should be woolen and it is often advisable for the sufferer to seek a residence in a warm climate. Exercise and massage are of great importance in the treatment. Hydrotherapeutic measures—when cautiously employed—are also of value.

Herbal Treatment—Both **Sanatone** and **Sanalax** are indicated in the internal treatment of Gout, and as an external anodyne, **Sanabalm** should be well rubbed in, on affected parts; but in chronic cases of long standing, a specific constitutional treatment may be necessary; to relieve the patient's suffering.

MALARIA

Synonyms—Ague; fever and ague; fever

ing over the entire body surface. When the perspiration becomes free, the symptoms will abate and chills; marsh fever; swamp fever; bilious fever; intermittent fever, etc.

Definition—It is characterized by enlargement of the spleen, chills, often after anemia, etc.

Causes—Bites of mosquitos. There are also predisposing causes; such as, marshy districts, absence of winds, high temperature and an excess of humidity. It should be noted, however, that malaria is not caused directly by the mosquito bites. The mosquitos are merely carriers.

Varieties—There are several varieties—Common forms are: remittent fever; intermittent fever; and pernicious malaria. The most common form is intermittent fever.

Symptoms—The variety of malaria, known as intermittent fever, is marked by cold, a hot and sweating stage; followed by an interval of apparent normalcy. The **cold stage**, usually begins with lassitude; yawning, nausea and headache. This is followed by severe chills, during which the skin becomes, cold, pale and rough, the lips and nails are blue; the teeth chatter, etc. This lasts from one half hour to an hour. The **hot stage**, follows right after the cold and the temperature may go to 106-degrees. The body surface becomes hot, the pulse rapid and full. There are also present headache, backache, nausea and intense thirst. The urine is highly colored and scanty. This stage is apt to last from one to ten hours. The **sweating stage** begins more gradually, first on the forehead and so extend-

subside. This is often followed by a refreshing sleep. The sweating stage lasts from one to four hours. After this comes an intermission of varying length; and so another attack begins. Cold-hot-sweating.

Treatment—It is difficult to give any kind of relief during the cold stage. Cool drinks and cool sponging are indicated during the hot stage; while in the sweating stage, the patient should be sponged with hot water and alum.

Herbal Treatment—**Sanatone** and **Sanalax** are both very valuable in the prevention of Malaria; by aiding those organs, that might be affected, to function as they should. However, most cases, especially those of long standing, require a specific treatment.

SYPHILIS

Synonyms—Lues; pox.

Definition—An infective disease; by inoculation from an infected person, or inherited; that is acquired or congenital. There are three stages—**Primary**, marked by a hard chancre. **Secondary**, characterized by various lesions of the skin and mucous membrane. **Tertiary**, marked by gummy tumors (gummatæ) in any part of the body.

Symptoms—in acquired syphilis — **Primary Stage**—Begins with appearance of the primary sore and ends with the onset of the skin lesions and constitutional symptoms. The usual duration of this stage is from six to twelve weeks. About a month after inoculation there appears at the seat of invasion a red papule. This becomes enlarged and breaks down, forming an ulcer with a very

hard base. It feels to the touch, like a button felt through thin clothing. The patient feels well and does not seem to have any other symptoms.

Secondary Stage—Usually beginning about twelve weeks from the appearance of the primary sore. First symptoms are a fever, often mild, but sometimes more pronounced. Face becomes pale, complexion muddy. There is often anemia present. **Skin-rashes** appear on trunk and arms. An eruption may occur on the face. The patient complains of sore throat. The tonsils are often enlarged and mucous patches may be observed on them; also on other places in the throat; and on the tongue and lips. The hair frequently falls out. Lymphatic glands throughout the body are usually enlarged and hard. The patient complains of pains in the bones; also headaches, especially at night. Sometimes, though rarely, the vision may be affected. **Tertiary Stage**—Symptoms of this stage may follow immediately after the symptoms of the secondary stage; or they are postponed sometimes for many years. Any organ in the body may be affected in one way or in another. The symptoms are too many and diverse to describe here. As mentioned, gummy tumors are apt to occur. The bones may be affected. Necrosis of the nasal bones, an often observed depression of the bridge of the nose. Softening of the brain is not uncommon. The circulatory system, as heart and blood-vessels are sometimes affected, etc., etc.

Treatment—Clean living. abstinence from liquors, spices, meats, etc. No tobacco, es-

pecially when throat is sore. Proper baths should be taken, and water should be drunk freely.

Herbal Treatment—Syphilis, in its varied stages is considered a very difficult disease to cure. The so-called “Mercury cures” are as harmful as the disease itself. The Herbal Kingdom furnishes remedies equally as efficacious and they are absolutely harmless, and inexpensive. They will even remove mercuric-syphilitic affections and finally restore the pure natural blood to flow through the veins. A specific Herbal treatment, is therefore recommended.

ARTICULAR RHEUMATISM

Causes—It may be either chronic or acute. In most cases it is chronic from the beginning. It is observed often in the poor, past middle life. It is influenced to a great extent by continued exposure to wet and cold, and also by heredity.

Symptoms—The principal ones are stiffness and pain in the joints—aggravated by stormy weather. Tenderness and swelling may be present. As the trouble is progressing, the joint movement may be seriously impaired or lost entirely and the joints greatly distorted. Except in cases where the pain is severe and of long duration, the general health may not be much impaired.

Treatment—Symptoms may be relieved to some extent by judicious treatment, but to effect a cure is difficult. Hot baths are good. Massage and electricity may be used in some cases to advantage; but rheumatism no matter what variety, is an individual disease, and that which cures one, will very likely not af-

fect another patient. Residence, in a dry and warm climate, is especially beneficial however.

Herbal Treatment—Both **Sanatone** and especially **Sanalax**, are valuable adjuncts in the treatment of Articular Rheumatism; but to obtain satisfactory relief, a specific treatment must be applied.

MUSCULAR RHEUMATISM

Snyonyms—Myalgia; (and according to location), torticollis; lumbago, etc.

Definition—Acute or chronic affection of the voluntary muscles, of an inflammatory character; characterized by pain, tenderness, and stiffness of the affected muscles.

Causes—A disease of adult life. Nearly always due to cold or damp, or sometimes to a direct draft of cold air.

Symptoms—The first attack, is almost always acute and sudden, with pain, slight tenderness and stiffness of those muscles affected; increased by any attempt to move. The symptoms are constant; or may only be brought out by motion. Rigidity and spasmodic contraction of the muscles may be present. No fever. The acute form, seldom lasts more than a week. The chronic form recurs frequently, especially with changes in the weather and is liable to become constant.

Treatment—Rest is first indicated. For instance in rheumatism of the thoracic muscles, strap the affected parts with broad strips of plaster etc. Bowels should be kept regular. Meats, alcoholic beverages, etc., should be avoided. Every case calls for individual treatment.

Herbal Treatment—In muscular as well as

articular rheumatism, both **Sanatone**, and **Sanalax**, are very valuable; but chronic cases must be given a specific treatment; to be entirely relieved. See page 232 for specific treatment.

ARTHRITIS DEFORMANS

Symptoms—Rheumatoid arthritis.

Definition—A destructive affection of the joints, with destructive changes in cartilages, bone and synovial membranes; caused by osseous formations about the articulations, followed by loss of motion and more or less deformity.

Causes—It occurs more often in women than in men; and then at middle age. Predisposing causes are bad hygiene, exposure, injury, sometimes prolonged lactation menopause, tuberculosis and also attacks of acute articular rheumatism.

Symptoms—The affection may be acute or chronic. When acute several joints are usually attacked at the same time, and are swollen and painful. After sometime the attack subsides, to recur after an interval of variable duration. When chronic it usually attacks but one joint at first, as a rule beginning in one of the fingers. The joint becomes very painful and enlarges. The pains being especially severe at any attempt of movement. After a time, wrists, ankles, elbows, knees and spine are involved. Corresponding joints are affected simultaneously. Motion is considerably impaired and soon the joints become rigid. Deformity soon manifests itself caused by the disappearance of cartilage and by contractures and waste of the muscles.

The disease tends to advance slowly ultimately involving all the joints and rendering the patient a helpless invalid.

Treatment—All measures for the improvement of the general health should be employed. Diet and hygiene should receive special attention. Massage has proven of value, but must be given in the earlier stages.

Herbal Treatment—Use **Sanatone** freely and the bowels must be in perfect condition. For this purpose **Sanalax** should be used. To relieve pains, **Sanabalm** should be well massaged into the affected parts. In chronic cases of long standing, a specific treatment becomes necessary. See page 232.

PILES

Synonyms—Hemorrhoids.

Definition—Dilation and protrusion of the veins, surrounding the rectum, which have become engorged with blood. Stools are often painful and sometimes are attended with more or less bleeding.

Causes—Constipation, sedentary occupation. The sitting most of the time on soft upholstery. Dietetic errors; such as too much meat, spicy foods, alcoholic beverages, etc.

Treatment—Keep the bowels open and the movements soft. Surgical operation should be avoided, unless judged quite necessary; in an extreme case.

Herbal Treatment—Use a mild laxative, such as **Sanalax** to correct and regulate the movements of bowels. Externally **Sanabalm** to affected parts night and morning, after first cleansing with warm water and soap. This treatment has proven effective in the most severe cases.

SCROFULA

Cause—A blood disease, manifesting itself in a great variety of organs and characterized, when fully developed by the presence of a peculiar unorganized matter termed, scrofulous. The causes are chiefly heredity and deprivations of pure air. It is closely allied to pulmonary consumption.

Symptoms—The scrofulous habit, when strongly marked, is easily recognized. The skin is usually delicate and irritable. The patient suffers very readily from chilblains and in childhood is more liable than others to cutaneous diseases. The mucous membranes partake the delicacy and irritability of the skin. The edges of the eyelids are apt to be red and swollen; the eye is very liable to be attacked by inflammations; cold in the head and enlarged tonsils are frequent, as are hemorrhages of the nose. The muscles commonly want firmness and the whole system is deficient in stamina.

Treatment—Nutritious food, suitable warm clothing, attention to cleanliness and residence in pure air are most important requisites.

Herbal Treatment—Both **Sanatone** and **Sanalax** are indicated in the internal treatment of scrofula, and **Sanabalm** is indicated in reducing the swollen glands by rubbing well into the skin. Should the disease be too obstinate or deep-seated to respond to this treatment, it will become necessary to begin a specific constitutional treatment at once.

PARALYSIS or PALSY

Causes—Palsy is one of the most common and one of the most distressing misfortunes

from which mankind is obliged to suffer; yet its various forms are rather symptoms of deep-seated disease than disease itself. Thus palsy of a limb is very frequently a symptom of structural disease of the brain or spinal cord, but it occasionally occurs from a diseased nerve trunk itself. It may affect a whole limb or only part of one, and is sometimes limited to a group of muscles in a particular region.

Symptoms—First,—disease or injury to a nerve in some part of its course, destroying its power of transmitting its force, which is expressed by a contraction of the muscle to which the nerve is distributed. **Second**—A disease of some portion of those central parts of the nervous system, whence the nerve takes its origin or with which it may be connected directly or indirectly.

Treatment—There are many varieties of palsy, therefore a thorough diagnosis of each case is necessary to determine upon method of treatment.

Herbal Treatment—A specific treatment is required for each variety of this disease. However, if taken in time the disease may be entirely prevented with proper use of **Sanatone** and **Sanalax** as these preparations act as a wonderful preventative of the various diseases which may be the original cause of paralysis or palsy.

GOITRE

Cause—Though occasionally sporadic it is essentially an endemic disease in cold or damp countries, as in the deep valleys of the Alps, the Pyrenees, along the foothills of the Cascades of the Pacific Coast and like places.

Symptoms—A simple goitre appears to be a local affection, with only symptoms, such as, dyspnea, or the cough, as of a broken-winded horse; on exertion, and even difficulty of breathing, on the slightest cause. Whereas the exophthalmic form is part of a more general disease marked by the enlargement of the thyroid body, prominence of the eyeballs, palpitation of the heart, a peculiar thrill in the blood-vessels and a general want of muscular and brain power.

Treatment—Inhalation of fresh air, attention to the general health, internal treatments of nerve tonics and external applications of ointments that especially excite and act upon the absorbent and glandular system. Under this treatment we have been surprised to find how rapidly goitres disappear.

Herbal Treatment—If treatment is begun in time, no difficulty will be experienced in removing all indications of goitre by the simple use of **Sanatone** and **Sanabalm**. However, should it be an exceptional case of long standing, a specific treatment may become necessary.

INTESTINAL WORMS

The intestinal canal is often the home of parasites, commonly called worms and in many parts of the country, nearly all children, between the ages of one and seven years, as well as many older persons, are troubled with these pests. There are three principle varieties of worms, as round-worms, pin-worms, and Tape-worms.

Symptoms of Round-worms—The symp—
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toms are often absent; when present, there is usually symptoms of dyspepsia, diarrhea with mucous stools, colicky pains in the abdomen, voracious appetite, which it is almost impossible to satisfy. There is anemia and often reflex nervous phenomena, such as "night terrors," grinding of the teeth, itching of the nose and arms, twitching of the face and limbs and there may be convulsions.

Treatment—The diet should be restricted before the anthelmintic is administered. The most effective remedy is Jerusalem Oak. See description and directions, on page 66.

Symptoms of Pin-Worms—These chiefly affect the lower colon and rectum, and produce severe itching of the arms and adjacent parts.

Treatment—Same as for round worms, or flush out the bowels with water, then inject infusion of Quassie Chips.

Symptoms of Tape-worms—These are frequently absent. There may be dyspeptic symptoms, colicky pains in abdomen, loss of flesh, capricious appetite and others similar to round-worm.

Treatment—The patient should fast for a day, or live on a very light diet for a day or two, previous to administering of the anthelmintic or vermifuge. The surest remedy for the tape-worm is Kousso Flowers. See page 677 or Male Fern, see page 74. Full directions and description for taking, are given. The treatment is successful only when the head of the worm is passed, so the stool must be watched carefully. If not successful the first time, try again in a day or two.

INCONTINENCE OF URINE

Symptoms—Debility, sallow or very white complexion, costiveness, occasional fever, capricious appetite, emaciation, langour, lassitude and depression of spirits. The involuntary discharge usually occurs more frequently in the night than during the day. If not checked or remedied, it will develop into chronic Diabetes.

Treatment—Particular attention to diet is important. Abstain from all starchy foods and from every solid or liquid containing sugar. Fish, skimmed milk, etc., appears to answer a very good purpose in the disease.

Herbal Treatment—In the early stages, this disease may be checked, or entirely cured by the use of **Sanatone** and **Sanalax**; however, if of long standing, a more specific treatment may be necessary.

Bed-Wetting, is another form of incontinence of urine; a troublesome affection of young children; but may be overcome by **Sanatone** administered regularly for a time. If very obstinate, a specific astringent preparation is always effective.

DISEASE OF THE PROSTATE GLAND

Cause—The cause of this disease, is weakness of the muscles of the parts, seat-worms, abuse of purgative medicines, low state of general health and constipation of bowels.

Symptoms—Among the diseases of the prostate gland the most important are chronic enlargement and calculus. This gland is situated just in front of the neck of the bladder; and encircles its outlet, the Urethra. It is demonstrated by inconvenience in passing water, and after it has been apparently com-

pletely evacuated, the involuntary escape of urine in small quantities or "dribbles." An unusual length of time is always required to complete the act of making water.

Herbal Treatment—Prostate gland troubles may be entirely prevented by proper and timely use of **Sanatone** and **Sanalax**, but after symptoms are well defined it is advisable to begin a specific treatment at once.

GONORRHEA

Character—Gonorrhea, or, as it is vulgarly called, the clap, is a specific inflammation of the urethra, the result of contagion and very seldom innocently acquired. In the female it affects chiefly the vagina and is much less serious or painful, than in the male sex. The disease is apt to last under the best treatment, for a period of, from four to six weeks and if neglected or badly managed may be months before cured.

Treatment—The diet should be rice, bread with very little butter, milk, and if necessary to keep up the strength, soft-boiled eggs. Meat, alcoholic and malt liquors, acids and condiments, are particularly objectionable.

Herbal Treatment—It is always advisable to see a physician in case of gonorrhea; however, herbal treatments are harmless and perhaps as effective as the average treatment of the so-called specialists.

Gleet Neglected gonorrhea, or badly treated, the malady may run into the chronic form, which is called gleet and often proves exceedingly rebellious to treatment. In gleet there is a continued discharge of a thin and clear character, after the inflammatory and painful

early symptoms have disappeared.

Treatment—Should be followed along the same lines as for gonorrhea. It principally requires diuretics and demulcents to relieve irritation and check the discharge. Specific Herbal preparations, have proven a boon to many a sufferer, of these complaints.

OBESITY or OVER-FATNESS

Cause—Obesity is probably due to faulty nutrition. Many people inherit fat, or adipose matter, but more acquire it and increase it by indolence, gluttony and the intemperate use of malt liquors and various fat-producing foods.

Treatments—A strictly vegetable, dry, and scanty diet (avoid all sugar and starchy food), arduous out-of-door exercise, a hard bed, only six hours sleep, in every twenty-four and a moderate degree of mental application will serve as palliatives. Keep the bowels moving at least once or twice a day.

Herbal Treatment—Nature provides a specific vegetable herb for reduction of adipose matter, which, if taken persistently, along with the recommendations above, has proven a wonderful reducer of surplus flesh. **Sanalax** must also be taken regularly to produce active movement of the bowels and elimination of waste.

INSOMNIA (Sleeplessness)

Cause—It may be from nervousness because of overwork or excessive social duties or excessive coffee drinking, weariness, exhaustion, mental anxiety, etc.

Treatment—Insomnia is such a distressing experience that people will go to extremities to relieve it, sometimes being led to use care-

lessly the most powerful and harmful remedies. The warning cannot be too emphatic against such practice. Diligent search for the cause should be made and the latter removed by some soothing and harmless herb. The perusal of some light but interesting book, some quieting occupation or a warm bath, just before retiring is quite efficacious.

Herbal Treatment—People subject to sleeplessness, should by all means keep their stomach and nervous system in proper condition, by the use of **Sanatone**, which usually prevents this annoying experience. However, some cases need a specific preparation to allay irritation or pain if any, and to quiet the nerves.

SKIN DISEASES

This class of affections, embraces diseases of the skin, hair, scalp and nails and therefore includes maladies which occasion much distress and deformity, but which are seldom dangerous to life.

Causes—There are many and various causes of so-called skin affections, but generally they are the result of impure blood, bites and stings of insects, errors in diet, vegetable parasites, animal parasites, etc.

Herbal Treatment—Diligent use of **Sanalax** and **Sanabalm** whenever there is the least indication of any eruptions of the skin, will prevent them from appearing, but when there is indication of radical constitutional derangement, which causes these eruptions, whichever form, then a specific preparation will be required in conjunction with **Sanablm**. Parasitic affections require no other than an external **Sanabalm** treatment.

PART IV.

HYGIENE

The object of hygiene is the **Preservation of Health**. Under this head, an outline of the means of maintaining the functional integrity of the system will be given. It is difficult to avoid including under this head **Preventive Herbal Medicine**, the special province of which is to abate, remove or destroy the many causes of disease.

Hygiene implants sanitary discipline; herbal medicine, remedial discipline: hygiene prescribes healthful agencies; herbal medical theory and practice, medicinal agencies. Hygiene upholds and sustains; herbal medical practice corrects and heals. The one is preservative and conservative, the other curative and restorative.

Dietetics, being the most important hygienic subject, will therefore receive prominent mention altho there are many more that ought to receive special notice, such as pure air and sunshine, clothing, breathing, mental and physical exercise, sleep, bathing and the regulating of one's passions, but it would require more space than can be allotted to the subjects of hygiene in this book.

However, due and proper consideration should be given to all, whether mentioned here or not, that health may be preserved and life extended. Our lives are lengthened or shortened by the observance or neglect of the rules of common sense and these do not require any great personal sacrifice or the practice of absurd precautions.

HEALTH vs DISEASE

It is conceded that man's natural state is health and that the various organs of the human body, so curiously and harmoniously adjusted by an all-wise Creator, are sufficient in themselves to perform, without ceasing, the functions required of them for an unlimited time and that the process of waste and replenishment should go on till man arrives, as did the patriarchs of old, to a ripe old age; so that when death came to claim his prerogative, the fruit of his gathering would drop, full of years, noiselessly and without pain or struggle, into the grave.

That this is not so, is due to man's sinful transgressions and to the fact that the simple laws of nature have not been complied with. In every being, from the moment of consciousness, there is a struggle between health and disease. The life principle always seeks for proper nourishment to sustain the animal body and appropriates everything which the body requires for nourishment. If that nutriment is withheld, there occurs a struggle for supremacy between the life principle and disease. This will be caused from voluntary abstinence from food or from the lack of food containing the elements of which the body is composed and therefore essential to life and health of the organs of the body. It may be caused also by forcing the stomach to receive substances impossible to digest, thus engendering a morbid state of the digestive organs, which must be restored to a natural and healthy condition before the vital organs can

go on with the work of taking up that which is nourishing and sustaining to life.

The human body consists of a network of organic machinery which, like any complicated artificial mechanism, must be kept in perfect condition so that each part may perform its required duties. Therefore, it stands to reason that when all organs of the body are kept in proper condition, there need be no fear of sickness. However, if obstructions should occur in any part, they must be removed immediately or complications of a serious nature may result. Neglect in doing so is the cause of all diseases except contagions and epidemics.

The organic machinery of the body is governed by the food, or whatever passes through the stomach; therefore, a proper diet should be a guarantee of perfect health. Food alone, however, can not accomplish this as it is a known fact that millers and manufactures of various food products throughout the world are eliminating from their products the very properties most essential in regulating and assisting the organs in performing their respective duties. The Creator evidently had this in mind when He established his natural laboratories—the fields and forests which produce vegetable roots, herbs, etc., that supply the very properties which are the essential elements of life.

That these vegetable herbs do supply the necessary therapeutical or remedial properties for correcting and assisting the functional activity of every organ of the body has been demonstrated during the past thousands of years by actual test. Considering the age or

longevity of mankind during said period, why should not **we** employ the same therapeutic methods?

The **Sanatory Chest**, fully described elsewhere in this book, contains all the therapeutic properties that are eliminated from manufactured food products and it supplies all essential elements that build up the body and assist every organ to function properly. The human body is composed of certain elements and if these are lacking, disease is inevitable.

Health produces happiness, ambition, power and wealth. Without health, life is miserable, deplorable and not worth living. Health, therefore, is the one wish most desirable. It is sincerely hoped that the reader will find suggestions throughout this book that will result in material benefit.

DIETETICS

General Consideration of Foods

The object of food is primarily to furnish the means for growth, repair, heat and energy. The mere gratification of appetite, which, to the detriment of health, too often is regarded with undue prominence, is a secondary consideration and merely incidental to nature's demand for nutrition. It has been said that "Food properly chosen, properly cooked and properly eaten, is half the battle of life." The practical value of the subject will readily be seen when it is considered that it plays an important part, not only in maintaining health but also in modifying and curing disease.

Problem of Diet

If all members of the human family were alike, it is obvious that a bill of fare could

soon be arranged which would give every person the most perfect nourishment; but as we each differ, in smaller or greater degree, from all others of our fellow men, it is necessary for us to study the problem of diet as modified and limited by our own individual peculiarities and surroundings, such as age, sex, occupation, climate, nationality, etc. All of these things influence the character of food required; while, on the other hand, the amount and nature of food taken, govern to no little extent, the temperament and characteristics of people.

CLASSIFICATION OF FOODS

Nitrogenous substances or proteids which go to form the tissues of the body, are represented by meat, eggs, casein in milk and other substances consisting chiefly of albumen.

The fat or heat-producing elements are derived from both the animal and vegetable kingdoms, chiefly the former. They include the animal fats such as lard, suet, butter and the vegetable oils, chief among which is olive oil, as consumed by man.

The carbo-hydrates are substances containing carbon and hydrogen, without nitrogen. These are the saccharine or sugary and the amylaceous or starchy, ingredients of human diet. This class of food consists of sugar, molasses, bread, potatoes, beans, etc.

The saline or salty articles of diet consist of common table salt, containing potash, lime, magnesia, and a little iron in various combinations; which ingredients of the human body, small as some of them are in amount, possess a very great importance.

SELECTION OF FOODS

Mutton or Beef.—Mutton is easier of digestion than beef. This may escape the notice of a well person, for such a one has digestive powers in excess of what is required for easy digestion, but in the dyspeptic, a nice balance between comfort and distress may exist. With such a one, beef may rest somewhat heavily, while mutton may excite no discomfort.

Pork.—Pork is rich and trying to the stomach and is absolutely out of reason in the summer time.

Cured Meats.—Cured meats are less digestible than fresh meats. Bacon is an exception to this rule.

Bone.—Bone contains quite an amount of nutritive material. To extract it, the bone must be well washed and crushed and boiled a long time.

Fish Foods.—The white fish are easier digested than the red flesh. Cooking makes them less so. They make blood rapidly with far less stimulation than meat. They are peculiarly valuable for the aged, the intemperate and those who suffer from exhaustion—as after a severe hemorrhage or chronic discharges of any kind.

Eggs.—Eggs are easier digested when eaten slightly boiled, even more so than when used raw.

Soups.—Good soup is a valuable article of diet. It is said that to administer a well-made plate of soup is as important as to prescribe a pill.

Vegetable Foods.—Of the vegetable foods,

farinaceous or starchy ones are most nutritious. Bread, to be digestible, must be light. The whole wheat bread is far preferable to the white. Rye is nearly as nutritious as wheat and is useful in costive cases. Corn is rich in fat, is nourishing and digestible when the fatty nature is not an objection. Rice is very rich in starch but poor in nitrogen; it possesses an easily digested starch granule. In cases of diarrheal affections, it agrees better than any other kind of solid food. Oatmeal is nutritious food but does not agree with all persons; sometimes it causes acidity. Many a dyspeptic has been cured by giving up its frequent use. Barley is a strength-giving food not fully appreciated in this country. Arrowroot, sago, and tapioca, being pure starch, can be used only as an auxiliary to other foods. Buckwheat contains carbon in excess: it makes better cakes when it is mixed with wheat or rye flour. Beans and peas are nutritive: they should be cooked well, masticated thoroly and eaten with starchy foods—not with much meat. Oleaginous seed, such as almonds, walnuts, Brazil-nuts, etc., are highly nutritive but, like all articles permeated with fatty matter, are hard of digestion. Potatoes, when mealy, are easy of digestion. Plants of the cabbage family are hard to digest. They contain much sulphur, thus giving rise to flatulency; however, they are wholesome and agreeable.

We must not suppose that we are never to use an article simply because it is comparatively hard to digest. Judgement must be used.

Fruits.—Of the fruits, plums and cherries are the hardest to digest and most likely to cause disorders of the bowels. Raw pears are easier on the stomach than are raw apples. Bananas, because of the amount of nitrogen they contain, are quite nutritious.

Value of Condiments.—Condiments are not strictly alimentary but prove of service in more ways than one. Firstly: they render food more tempting, thereby increasing the amount used. Secondly: they aid digestion. Thirdly: they may correct injurious properties belonging to an article.

Vinegar and pepper are used instinctively with those things hard to digest.

Value of Tea and Coffee.—Coffee stimulates the brain gently; banishes somnolence; aids digestion; strengthens one for the day's work, invigorating and cheering him. Used in moderation and not too strong, no harm can come from its use. Tea, like coffee, should be used in moderation—black tea, particularly, cheers and exhilarates without doing any harm. Used to excess, it is a fertile source of nervousness as well as of constipation.

RULES FOR COMBINING FOODS

Fruits and vegetables should not as a rule be eaten together. Vegetables are best eaten at the noon-day meal, two or three varieties being quite sufficient. Tomatoes do well with vegetables, grains or meats but should not as a rule be eaten with fruits. The Irish potato is an exception among vegetables; it seldom quarrels with anything. Fruits and cereals are particularly suited to the morning and evening meals: very little other food is required. Supper is best made up of bread and fruit only, taken in limited quantities and at an early hour. Fruits, if eaten raw, should be ripe and of good quality and persons with feeble stomachs digest them better at the beginning of the meal—this is particularly true when warm foods make a part of the repast. Some persons can not digest certain kinds of raw fruits for supper or late in the day:—let them take these on sitting down to the breakfast table.

Meat should be used at the noon-day meal and in cold weather rather than in warm weather.

Grains digest well with all other foods although some persons can not eat them in the form of mush. They should always be well-cooked.

Persons with feeble digestions should, as a rule, confine themselves to a single kind of fruit at a meal. They can make the changes from one meal to another. Those who find it difficult to digest vegetables, should not attempt more than one kind of it at a given meal until digestion is improved. Often, it is best

to leave them off entirely for a time. Vegetables of several varieties at a single meal should not all be selected of watery kinds, as cabbage, asparagus, etc., but blended with the more or less nutritive kinds in a judicious manner. On very cold days, have a warm dinner of good, nutritious articles; select mainly solid foods with grains, rather than thin soups and water vegetables. On a warm day, make the breakfast largely of fruits with a moderate supply of cereal: the dinner of young vegetables or fruits, a dish of grains and a little bread. Eat lightly and you will not suffer from the heat.

Never have too great a variety of food at a single meal: have few dishes, well-prepared and make the changes from one meal to another. If one meal falls below the average as to quality or variety, see that the next is fully up to the mark.

Carelessly mixing in the stomach too many different foods is just as liable to cause dangerous chemical explosions as careless mixing of chemicals in a laboratory. Investigators have made a study of the life habits of people who lived in health to old age. It is safe to say that all diseases are associated in some way with wrong eating and if that is true, an individual cannot expect a permanent cure until he is educated along the line of diet.

OLD AGE OR LONGEVITY

The best means to insure sound health and a long life are to avoid all errors in diet and personal habits. Dr. J. H. Tilden, dietitian and health expert of Denver, in a recent lecture at Seattle, made the following state-

ment—"Improper living and improper eating is the primary cause of all diseases. If people would use a little common sense with habits and eating, there would be no such thing as stomach trouble, liver trouble, pneumonia and such ills. It is quite the popular custom to remove a child's tonsils" he said, "but how many doctors inquire into the cause? Bad tonsils are the result of a bad stomach. Disease is manifested by certain symptoms, but the main thing to find out is the cause of the disease and remove or correct that. An operation may remove the effect but not the cause and it is just as sensible to cut the hair and never expect it to grow again as it is to remove the effect of a wrong condition and not try to correct the cause of that condition."

Use judgement in selecting the foods best suited for your individual temperament. Since the fluids and solids of the human organism are formed from materials taken into the stomach as food and drink, it follows that we all ought to abstain more than we do from concentrated material of aliment and live more on fruits and vegetable substances and fret ourselves less with the cares of the world. This would tend to maintain the juices of the body and would reduce, in a large degree, the solid elements which induce rigidity of the muscles, thickening of membranes, contractions of the organs—all leading to disease, premature debility, old age and death.

Let us all strive to return to the elementary principles of organic or human life. Let our diet be plain, simple and of a juicy nature. Let

us refrain from excesses of all kinds, whether connected with our mental or physical powers and thereby secure a long lease on life, attended with a thousand blessings unknown to those who lead "fast lives," eating and drinking immoderately and indulging in various forms of intemperate or luxurious habits. It is never too late to commence a reform of all these things. The oldest person now living might prolong his or her life to an indefinite period by avoiding the errors named and submitting to the prior-ordeal mandates of nature.

In olden times, the Alchemists claimed to have discovered the elixir of life: they said that old age might be retarded and life greatly prolonged by means of an elixir having the power of preventing or suspending physical decay. The possibility of prolonging life has in all ages been noticed by great thinkers. The secret of an elixir that would accomplish these results is that it must contain the therapeutic properties that supply the elements of which the human body is composed and therefore essential to growth, development and maintenance of good health in practically all forms of animal life.

To assist nature in her work of regeneration and recuperation of the human organism and in supplying the necessary elements of body, the "**Sanatory Chest**," described elsewhere in this book, will be found of most wonderful efficacy in connection with the hygienic and dietetic requirements already indicated. If the proper uses are made of these wonderful products, the simple directions followed, they

will thus prolong the period of youth to vigorous manhood and vigorous womanhood to the extreme limit of life ever vouchsafed to the human being. The already "old and feeble," so called, may be sure of having their lives greatly prolonged and finally in the inevitable ordinances of heaven or the laws of gradual progress and decay, passing away with cheerful resignation and peace to that mysterious bourne from which no mortal traveler has yet returned.

PART V.

HOME ADMINISTRATION OF NATURAL REMEDIES

To the careful reader of this volume, two important facts must be clear: first, that very many, if not a majority, of the ailments of life may be entirely avoided by properly observing the rules of hygiene and the proper use of the vital ingredients provided by Nature in her herbal laboratories; second, that the relief and cure of diseases by home treatment may, in a great majority of cases, be accomplished without the aid of a doctor if the instructions and suggestions given in this volume are faithfully and intelligently carried out.

It must be borne in mind that the services of a competent physician are sometimes indispensable; that our best reliance is upon Nature's vital ingredients and hygienic prevention; that it is highly dangerous for non-professionals to use any other than simple, non-poisonous and non-narcotic herbal remedies and that, on general principles, none other should be used internally at any time. In order to facilitate prompt action and insure accuracy in the home treatment and prevention of diseases, complete description is given elsewhere of the **Sanatory Chest** which should be kept on hand by every family.

SYMPTOMS AND INDICATIONS OF DISEASE

Prompt general symptoms of disease, as shown by the tongue, pulse, temperature, etc., will be given a brief outline only in this chapter. No man is infallible when it comes to a diagnosis. The most learned physicians, with years of study and experience, often find themselves puzzled to interpret the existence of certain symptoms and to decide the nature of the disease before them. A general knowledge of symptoms, however, is useful to everybody and this is given here.

The Tongue—If bright red on edges and end, a stomach difficulty is indicated. A red "strawberry" tongue indicates scarlet fever. If simply red, measles and inflammation of the stomach and bowels.

A pale tongue indicates debility and if impressions from the teeth are shown, great prostration is indicated. A thick coating on tongue indicates severe disease. A thin coating indicates less severe trouble.

A furred tongue indicates disease of the liver and stomach, fever and indigestion. A thick, brown or black coating on the tongue, with cracks and fissures, is seen in typhoid and other low fevers.

Difficulty in protruding the tongue and trembling of the member are unfavorable indications. Rapid cleaning of the tongue and cleaning in spots are not indications of recovery and are unfavorable symptoms.

The Pulse.—A normal pulse, as felt at the wrist, near the base of the thumb, is full, elastic and regular. The average normal rate of

pulsations is 70 beats per minute in male adults, 75 in females; from 75 to 90 in youthful persons; from 90 to 100 in childhood and from 100 to 120 in infancy. The pulse rate in old age is from 80 to 85 per minute.

Sudden fright, exertion, excitement or emotion will quicken the pulse. But, if no disease exists, it will soon regain its accustomed rate.

The recumbent posture causes a lowering of the pulse of about 8 or more beats per minute.

A full and frequent pulse, say from 100 to 110 per minute, indicates fever.

A bounding pulse, 110 to 125 per minute, indicates high fever and inflammation. If home treatment fails to reduce the pulse with reasonable rapidity, call a physician at once.

A soft, frequent pulse, say 100 to 120 per minute, indicates advanced, continued fever, with debility.

A wiry, frequent pulse, hard and not easily compressed, indicates fever with inflammation and shows that the disease is of a serious character.

A weak, intermittent pulse or a thin, thread-like pulse, with or without short intermissions of rest, indicates extreme prostration preceding death or may result from hemorrhage or during a fainting fit. In such cases, active stimulants must be promptly and energetically used. An intermitting pulse occurs in certain forms of heart disease when the general health seems good.

Temperature.—One of the most needful articles for the sick room is the "clinical thermometer" such as is now used by all progressive physicians. It is very similar to the or-

dinary thermometer and is inexpensive. Every home should possess one. In order to ascertain the temperature of the blood, place the bulb of the thermometer under the tongue or under the arms. The temperature of a patient should be taken as regularly as the pulse—three or four times a day, at least and a regular, daily record of both pulse and temperature is of the greatest importance and assistance to the doctor, should it become necessary to call one.

Normal Temperature.—The normal blood heat of adults is $98\frac{1}{2}$ degrees Fahrenheit. The temperature, normally, is one degree higher under the tongue than under the arms. It is highest upon awakening in the morning and lowest at midnight. A rise of one degree in temperature usually marks an increase of the pulse from six to ten beats per minute.

Temperature of Children.—In children, the temperature is normally one to two degrees higher than in adults. Children and infants lose their normal heat much more easily than adults and the excessive mortality during the first year of infancy may be largely ascribed to the neglect of parents and nurses to keep up the normal temperature of infants under their charge. It is an established fact that neglect to use the clinical thermometer and to provide proper clothing to guard against the sudden changes in blood heat causes the death of thousands of infants annually. Be sure to possess a clinical thermometer in your home health chest.

High Temperature—A heat of 100 to 102 degrees indicates slight fever; 104 degrees indicates high fever; 106 degrees means great

danger and 107 to 108 degrees usually indicates a fatal termination.

Low Temperature—A temperature (in adults) below 96 degrees, indicates a condition of collapse and if below 92 degrees, fatal results are almost inevitable. In cases of paralysis, the affected part is colder than the rest of the body.

Temperature In Sickness—The pulse does not always indicate the degree of heat or fever. A high temperature (102 to 105 degrees), with a slow pulse, indicates disease of the brain or spine. In smallpox the temperature will average 104 degrees and at the crisis of the fever, 106 degrees. In measles the average temperature in favorable cases is 102 to 103 degrees; in typhoid fever, the usual temperature in favorable cases is 103 to 104 degrees and if it rises to 106 or 107 degrees, it is generally fatal. In fevers, a sudden fall indicates a crisis and if the fall is of several degrees, great danger is to be apprehended. In the application of cold water to allay fevers, be careful not to reduce the temperature too rapidly. If the temperature of a patient (adult) rises to 102 or 103 degrees and continues there (particularly if the respiration exceeds 20 breaths per minute and the pulsation is much above 100 per minute), call a physician without delay.

Respiration—In health the average adult breathes from 17 to 20 times a minute.

2 months to 2 years.....	35	per minute
2 to 6 years.....	23	" "
6 to 12 years.....	20	" "
12 to 15 years.....	18	" "
15 to 21 years.....	16 to 18	" "

Respiration in the adult female is usually a trifle faster than in the male, especially during pregnancy. The respirations are regular and involve the muscles of both chest and abdomen.

Pain Symptoms of Disease—Pain is not always at the seat of the disease which causes it. In ovarian diseases it is often in the limbs and in the diseases of the womb, it is often located in the top of the head or shoulders; in diseases of the liver, pain is felt under the shoulder blade; in diseases of the hip, the pain appears at the knee; in neuralgia, the pain is darting, cutting, shooting and occasionally dull and hard to locate; in rheumatism, it is intense and tearing; in pleurisy it is acute, with a "catch"; in pneumonia it is aching and heavy; in erysipelas it is burning; in dysentery it is gripping. When an abscess is forming, the pain is throbbing; in cancer, it is cutting and pricking. When pain affects a certain side of the head or a certain limited area of surface, it is generally neuralgia. Heavy, dull pain in lower part of the head and chills running up and down the spine are early symptoms of typhoid fever.

Purging—Generally speaking, the appearance of diarrhea indicates that the bowels are trying to rid themselves of some irritating substance. Nature should be assisted, therefore by a gentle laxative and after the offending matter is removed, the diarrhea will either cease of itself or will have to be checked by herbal astringents. This should be done gradually.

Expectoration—In pneumonia, the expectoration is rusty-looking, later it becomes purpl-

ish; in catarrh, it is mucus; in consumption it consists of mucous clots streaked with blood, frothy mucus and in later stages, a purulent and often very offensive and slimy phlegm.

Urine—Scanty urine or complete suppression of urine may be caused by disease of the bladder or kidneys or stone in bladder and if long continued, is a very dangerous symptom. Frequent desire to pass water occurs in diabetes and the flow is profuse. Hysteria, inflammation of the bladder and kidneys and stone in the bladder are accompanied by frequent desire to urinate, with scanty discharges.

The Skin—The skin is yellow in jaundice and bilious attacks; purplish in low, continued fevers; blue in bad cases of cholera, collapse, etc.; flushed in congestion of the brain and most fevers; pale in fainting fits or anemia. The bright red, hectic flush on upper part of cheeks indicates consumption. Moisture of the skin denotes health. During fevers, the skin is hot and dry. It is a favorable sign when temperature and pulse are reduced and the skin becomes moist. Hot and cold alternately in the entire skin or part of it indicates nervous depression. Peculiarly thin skin and easily raised from the subcutaneous tissue in consumption and wasting diseases. A rigor or chill indicates nervous depression and either forshadows a fever or formation of an abscess.

Unfavorable Indications—In cases of protracted disease, picking at the bed-clothes is a sign of approaching death. In low fever, such as typhoid, the accumulation of mucus,

called *sordes*, on the teeth and lips is a very unfavorable symptom. Low, incoherent mumbling, with prostration, is a very unfavorable sign, frequently seen in prolonged cases of low fevers.

THE WEIGHT OF THE BODY

The general weight consistent with good health and stature should be as follows:-

Stature	Mean weight, Pounds	Weight In- creased 7% lbs.
5 feet 1 inch	120	128
5 " 2 "	126	135
5 " 3 "	133	142
5 " 4 "	139	149
5 " 5 "	142	152
5 " 6 "	145	155
5 " 7 "	148	158
5 " 8 "	155	166
5 " 9 "	162	173
5 " 10 "	169	181
5 " 11 "	174	186
6 " 0 "	178	190

If the weight is greater than the allowed 7%, it affects the vital capacity and respiration becomes diminished. Loss of weight is indicative of phthisis, bronchitis, nervous dyspepsia and other wasting diseases.

POISONS AND THEIR ANTIDOTES

Alphabetical list of principal poisons so they can be found quickly and followed by the most effective antidote at hand.

Note:—Vomiting, in most cases, should be excited at once. The common emetics are mustard, a table-spoonful to a pint of warm water; warm water itself in copious drafts; salt, a small handful to a pint of warm water; salt and mustard mixed, a tablespoonful of

each to a pint of warm water, makes quick and powerful emetic. In case there is no action within a reasonable time, tickle the throat with a feather to promote vomiting.

Absinthe—Give emetics; then flaxseed tea freely; stimulate.

Acetate of Lead—See Sugar of Lead.

Acetic Acid—See Citric Acid.

Alcohol—Give emetics; hartshorn and external warmth.

Alkali Volatil—Drink freely of water with vinegar or lemon juice in it.

Ammonia—Lemon juice, diluted vinegar or acetic acid.

Arsenic—Give emetics of mustard and salt promptly; follow with sweet oil, butter or milk.

Bedbug Poison—Give milk or white of eggs in large quantities.

Belladonna—Give emetics; stimulate.

Bitter Almonds—Spirits of hartshorn, strong coffee; cold applications.

Blue Vitriol—See Sulphuric Acid.

Cantharides—Give emetics; give mild drinks.

Carbolic Acid—Give flour and water or other glutinous drinks; or alcohol for external burns.

Carbonate of Soda—Prompt emetic; soap or mucilaginous drinks.

Caustic Potash—Drink freely of water with vinegar or lemon juice in it.

Caustic Soda—See Caustic Potash.

Cheese—See milk.

Chloral Hydrate—Cold water on head and face; artificial respiration; galvanic battery.

Chloride of Lime—Give acids; evacuate bowels; stimulate.

Chloroform—Give emetics; follow with stimulating treatment.

Citric Acid—Chalk or magnesia water; flax-seed tea; lime water.

Coal Gas—See Gas.

Cobalt—Give emetics; soap or muscilaginous drinks.

Copperas—See Cobalt.

Corrosive Sublimate—Milk or white of eggs freely.

Creosote—Starch or flour mixed with water; or white of eggs and milk; or evacuate stomach.

Digitalis—Emetics; lie prone; stimulate.

Ergot—Emetics; give purgatives; stimulate.

Ether—See Chloroform.

Fish—Give emetics, followed by saline purgatives and alkaline drinks; or promptly evacuate stomach and bowels and then stimulate.

Fouler Solution—See Arsenic.

Gas—Remove patient to air; use artificial respiration; apply heat to extremities; send for doctor.

Hair of Caterpillars—Apply clothes saturated with camphor; don't rub.

Ivy Poison—See Sumach.

Jimson Weed—Give emetic of mustard and salt; then stimulate with coffee or brandy.

Laudanum—Strong coffee, followed by ground mustard or grease in warm water to produce vomiting; keep in motion.

Lead Water—Milk or white of eggs in large quantities.

Lime—Vinegar or lemon juice; then starch water.

Lye—Give vinegar or oil.

Mad Dog Bite—Tie band tightly around limb above wound; cut out and cauterize wound; apply antiseptic dressing; give purgatives and warm drinks.

Matches—See Phosphorous.

Meats, Putrified—Emetics, followed with vinegar or lemon juice.

Mercury—Give white of eggs freely, then evacuate.

Milk—Cleanse stomach and bowels; apply heat; stimulate.

Morphine—See Laudanum.

Muriatic Acid—Magnesia or soap dissolved in water every two minutes.

Mushrooms—See Toadstools.

Nicotine—See Tobacco.

Nightshade—See Belladonna.

Nitrate of Silver—Give common salt in water freely.

Nitre—Give emetics, then drink of barley water, followed with castor oil.

Nitric Acid—See Muriatic Acid.

Nux Vomica—See Strychnia.

Oak Poison—See Sumach.

Oil of Vitrol—See Sulphuric Acid.

Opium—See Laudanum.

Oxalic Acid—See Muriatic Acid.

Paris Green—See Arsenic.

Phosphorous—Excite vomiting, then give milk and magnesia, followed by tea of flaxseed or slippery elm.

Pink Root—Coffee with milk; smell of camphor.

Poke Root and Berry—Evacuate stomach and bowels; stimulate.

Prussic Acid—Coffee in plenty and quickly; smell spirits of ammonia, camphor or vinegar;

pour water on head and back. Death generally ensues so quickly that there is no time for emetics.

Rat Paste—Quick emetic of salt and mustard, then flaxseed tea freely.

Red Precipitate—Milk or white of eggs in large quantities.

Salt Petre—See Red Precipitate.

Snake Bite Poison—Tie band around limb above bite; suck out venom with mouth; cauterize wound; give strong stimulants.

Spanish Fly—See Cantharides.

Stings—Apply salt water, sweet oil or fresh mould. Always take out sting of a bee.

Strychnia—Emetic of mustard in warm water.

Sugar of Lead—Milk or white of eggs in large quantities.

Sulphate of Chloride of Zink—Solution of soda, milk, white of eggs.

Sulphuric Acid—Prompt use of magnesia, soap, chalk or lime water. Afterwards, mucilage water or milk.

Sumach—Apply to parts a paste of equal parts of starch and glycerine or sour milk.

Tansy—Evacuate stomach; stimulate; artificial respiration.

Tartaric Acid—Soap water, lime water, magnesia or chalk.

Tin—White of eggs and milk or sugar water.

Toadstools—Evacuate stomach and bowels; give hydragogue cathartic; stimulate.

Tobacco—Encourage vomiting with salt and mustard water; then stimulate with spirits of ammonia or whiskey and water.

Turpentine—Fresh air, flaxseed or slippery elm tea.

Vermillion—Milk or white of eggs in large quantities.

White Precipitate—Prompt emetic of mustard and salt. Follow with sweet oil, butter or milk.

White Vitrol—See Sulphate of Zinc.

OLD INDIAN AND OTHER RECIPES FOR HOME TREATMENT

The following recipes have been gathered from various sources and are highly recommended by the contributors and those who have used them. They are given here for the benefit of anyone who may wish to try them; however, while we cannot vouch for the remedial efficacy ascribed to some of them, they are absolutely harmless and should at least prove beneficial.

Constipation—One part Senna leaves; one part Buckthorn bark; one part Rhubarb; one part Black root; one part Wallwort; one part Cheese-plant; one part Burdock and one part Fennel seed. **Directions**:—Mix thoroughly and steep one teaspoonful in a cup of boiling water for 20 minutes. Strain and drink cold upon retiring.

Asthma—Four parts Butterfly Weed; one part Mullein leaves; one part Wahoo Bark; one part Coughwort; two parts Swamp Cabbage and one part Sassafras Bark. **Directions**: Steep a heaping teaspoonful of the mixture in a cupful of boiling water until cold. Drink one or two cupsful during the day.

Bed Wetting—Take equal parts Buchu leaves and Juniper Berries, ground; mix and steep a teaspoonful in a cup of boiling water until cold. Strain and sweeten with sugar or honey if you wish. Drink one or two cupsful during the day. This is said to be a certain cure.

Rheumatism—This formula was given by a man who claimed it cured him after trying a number of other preparations. Mix equal

parts as follows: Colombo root, Quassia chips and Peruvian Bark. Make tea in usual way and drink one or two cupfuls a day.

Stomach (weak)—I was troubled with a weak stomach for more than ten years. I spent thousands of dollars with doctors but none could help me. Finally, an old man told me to steep a tea from the herb Wormwood and drink freely. I did so and now I am permanently cured, while, for years I could hardly hold anything on my stomach. (Contributor).

Boils and Pimples—I was troubled every year with boils up to a dozen at a time. So I tried some old Indian remedy that was recommended to me. Simply steep a tea of Birch Bark and drink freely in place of water. (Contributor).

Epilepsy and Fits—Eat a piece of Swamp Cabbage root the size of a pea one hour or so before breakfast every morning. Chew well and swallow the juice and all. Keep this up for six months or longer if necessary, until cured.

Sleeplessness—The following formula has proven very effective for producing sleep in cases of nervous and excitable conditions, viz: equal parts of Ladyslipper root, Skunk Cabbage root, Butterfly Weed and Scullcap herb. Steep a teaspoonful of the mixture in a cupful of boiling water until cold. Strain and drink all within 30 minutes before retiring.

Headache—For sick and nervous headache, dependent on an acid stomach, the following formula is very useful. Equal parts of Catnip herb, Scullcap herb and Ladyslipper root.

Steep one teaspoonful of the mixture in a cupful of boiling water until cold. Drink a good mouthful of this tea every 20 minutes until relieved.

Fever and Ague—Four parts Blue Vervain; four parts Boneset; two parts Scullcap herb and one part Virginia Snakeroot. Make an infusion and drink freely while warm. If it produces vomiting, reduce the dose. This formula has proven very beneficial. Use a good herb laxative.

Nerve Tonic—Squaw Bush 4 parts; Skunk Cabbage 2 parts; Scullcap 2 parts; Cardamon Seed 1 part and Capsicum 1 part. Steep one teaspoonful of the mixture in cupful of boiling water until cold. Strain and drink one or two cupfuls during the day, a large mouthful at a time.

Kidney and Bladder Trouble—The following formula is very popular in the treatment of many forms of kidney and bladder trouble. Take equal parts of Horsetail Grass and Kidneywort and make a strong infusion or tea. Drink a half cupful or more upon retiring.

Syphilis—This formula was suggested by a prominent Herb Doctor who says he has cured 90 per cent of the Syphilis and Scrofula cases that have come to him. The formula is simple and the treatment can be as successfully carried out at home. 8 parts Bull Nettle Root; 2 parts Burdock root and 1 part Sassafras Bark. Make a strong tea by boiling 2 heaping teaspoonfuls of the mixture in one quart of water down to one pint. Strain and drink all during the day. Six to twelve weeks should effect a complete cure. Leaves no harmful after effect and is inexpensive.

Gall Stones—Take twelve teaspoonfuls Althea root and one teaspoonful Sacred Bark. Boil in a quart of water until it becomes slippery or down to one pint. Strain while hot and let cool. Dose, a half cupful or more if necessary. The first or second dose should bring relief by passing the stones.

Diabetes Mellitus—The following formula has been recommended very highly, viz.: 4 parts Cranesbil root; 2 parts Aletris root; 1 part Dwarf Elder and 1 part Juniper Berries. Steep one teaspoonful of these erbs in a cupful of boiling water for 30 minutes. Strain and drink half a cupful before each meal. It is also well to make a weak tea to be drunk in pace of water to quench the thirst. Take a good sweat bath once or twice a week. Diet—eat fruits, meat, fish and milk. Avoid bread, sweet and starchy foods and abstain from all liquids during meals.

Dropsy—A very effective preparation for the cure of dropsical complaints is made by making an infusion of the following herbs in equal proportions: Cheeseplant, Broomtops, Couch Grass, Dwarf Elder and Sassafras Bark. Drink freely of this preparation. Eat sparingly of dry articles of food only. This formula has proven a boon to many a sufferer.

Brights Disease—Brights Disease is a very difficult complaint to overcome but here is a formula that has proven a blessing to many a sufferer, viz; 'Take equal parts of Beth Root, Cranesbil, Sassafras and Cheeseplant. Make an infusion and drink freely. The bowels should move freely and produce a watery evacuation. Take frequent sweat baths.

Voice Tonic—Chew the herb Life Everlast-

ing. It clears the throat and makes the voice strong. It is also very beneficial for quinsy, pulmonary and bronchial complaints. A little ground licorice root may be added to improve the taste. Used by many public speakers and vocal musicians.

Tooth Powder—Make charcoal of bread; pulverize it until reduced to impalpable powder, then apply night and morning with a soft brush and pure cold water. This will be found satisfactory.

Diarrhea—Take of powdered Colombo, 2 parts, of powdered Rhubarb, 2 parts, and Powdered Jamaica Ginger, 1 part. Mix thoroughly and take one-half level teaspoonful, stirred in a half glassful warm water or fruit juice every hour or two until relieved.

Paralysis—In case of paralysis or palsy, the following formula should be beneficial in most cases, viz.: Hops, 2 parts; Black Cohosh, 3 parts; Pipsissewa, 2 parts; Prickly Ash, 4 parts; Oregon Grape, 1 part; Blue Vervain, 3 parts, and Celery Seed, 2 parts. Steep a desert-spoonful of the mixed herbs in a large cupful of boiling water until cold. Strain and drink all during the day, a mouthful at a time.

Cancer Poultice—1 part ground Peruvian Bark; 6 parts Water Plantain; 3 parts ground Flaxseed and 1 part Lobelia. Mix and make a poultice and apply to cancer, old sores, ulcers or wounds. Repeat for several days until removed. This poultice is said to be unfailing for all external affections, including protruding piles.

La Grippe—Here is a formula extensively used with great success. Take equal parts of Blue Vervain and Turtlebloom and steep a

desert-spoonful in a cup of boiling water. Let steep for 15 minutes (not boil) and drink as hot as can be borne, just before retiring. Cover up well. Said to break up colds and La Grippe in 24 hours.

Antiseptic Poultice—Take 4 parts Peruvian Bark, 2 parts Horsetail Grass and 2 parts Willow Charcoal. Make a poultice and apply to gangrenous ulcers, sores, etc. Replace the poultice when cool and repeat as often as required.

Falling of the Womb—A mild infusion of White Oak Bark will often give immediate relief. Peach leaves, Mullein leaves and Hops, made into a tea or infusion and used twice a day as an injection, often cures when other remedies fail.

Carbuncles—To draw or ripen them, a poultice made of Sassafras root and Slippery Elm Bark, boiled together and the decoction thickened by stirring in corn meal is very efficacious. Linseed and Slippery Elm decoction, mixed with a little charcoal and yeast, used as a warm application, or lotion, will lessen pain and inflammation.

Cancer—Cancerous Ulcers—Mash raw Cranberries to a pulp; spread on a cloth to make a thick poultice large enough to cover the entire affected surface and apply direct to the sore. Change the poultice three times a day. This may add to the soreness at first but if persisted in, will generally effect a speedy cure. Raw carrots, grated fine and moistened with water to make a smooth paste may be used in place of the cranberries but the results are not usually so satisfactory.

These remedies are worth trying for external cancers and malignant cancerous sores as many cases have been cured by this means.

Biliousness—Use the juice of half a lemon each morning before breakfast. Boil two ounces of Quassia root in one pint of water and strain. Take a teaspoonful every four hours for a week or two.

Backache—Apply a mixture of one part turpentine to two parts of olive oil. Apply to back two or three times a day. Should be applied warm.

Bronchitis—To a pint of Flaxseed tea add the juice of two lemons and about three teaspoonfuls of sugar and take a teaspoonful every half hour until relieved.

Bleeding from the Stomach—Make a strong decoction of Geranium tea, made by boiling about two ounces of Wild Geranium root in a pint of water to half a pint and give a desert-spoonful every hour or two until hemorrhage abates.

Varicose Veins—Apply a strong decoction of Witch Hazel night and morning. Wear a bandage during the day.

Constipation—Drink teacupful of Flaxseed tea each morning before breakfast and establish regular hour each day for stool. Eat an orange each morning; also laxative food, such as oatmeal, prunes, stewed, etc.

Fever Sores—Make a decoction of clover blossoms and apply to parts three or four times a day. Half ounce of clover blossoms to one pint of water and boil about half an hour.

Suppression of Urine—Boil three tablespoonfuls of watermelon seeds in one pint of water; strain and cool and give teaspoonful every half hour until relieved.

Scurvy—Make a decoction by boiling one ounce of Dogwood root in pint of water. Strain and cool and give tablespoonful four times a day.

St. Vitus Dance—Make an infusion of half an ounce of Black Cohosh and half an ounce of Scullcap herb to one pint of boiling water; strain and cool and give teaspoonful four times a day.

Night Sweats—Make a strong infusion of Sage Tea and take a tablespoonful three times a day, with double dose at bed-time.

Inflammation of the Bladder—Make an infusion of Pipsissewa root, one ounce to pint of boiling water and give wineglassful three or four times a day. Keep parts well warm, with poultices, etc., over bladder. Drink plentifully of Hop tea which is an excellent remedy.

Liver Complaint—Make infusion of Dandelion root, one ounce to one pint of boiling water. Strain and cool and give wineglassful morning and evening.

Hiccoughs—Put about a quarter of a teaspoonful of Cinchona Bark, powdered, in two ounces of peppermint water and give teaspoonful every five or ten minutes until relieved.

Palpitation of Heart—Make an infusion of Wild Geranium Root, half ounce in pint of

boiling water; strain and cool and give wine-glassful three or four times a day.

Aching or Tender Feet—Make a strong solution of White Oak Bark and soak feet night and morning.

Fever and Ague—Make decoction of one ounce of Dogwood Root boiled in one quart of water to one pint; strain and give half wineglassful every two or three hours.

Erysipelas—Boil white Navy beans; mash and add corn-meal to make poultice. Apply hot and change frequently.

Indigestion—An exclusive diet of fruit for several days is found most efficacious in most cases of indigestion. This diet is excellent in dyspepsia and constipation.

Neuralgia—Make a tea of the root of Twin-leaf and take a wineglassful three or four times a day. This is recommended by many as affording entire relief in the most severe cases of neuralgia.

Whites (Leucorrhea)—Cleanse the parts effectually with warm water, by means of an injection. Then inject a full syringe of a solution of Witch Hazel decoction, warm.

Ulceration of the Womb—Make an infusion of White Pond Lily root. Drink a teaspoonful three times a day; also inject some of the decoction, warm, two or three times a day directly to the affected parts.

For Regulating Menses—Take half a teaspoonful of the infusion of Smartweed or Tansy before going to bed and continue daily until relief is had. To aid the remedy, bathe the feet in hot mustard water. A warm injection of Chamomile tea before going to bed will give almost instant relief.

Hop Remedies—Hop formentations and poultices are excellent for relieving pain and inflammations. The yellow powder of hops, in doses of 10 to 15 grains, allays the pain of Gonorrhea and Chordee. It settles nervous irritation of almost any kind, especially that of Delirium Tremens. A decoction of Hops is found to be a cure for sick and nervous headache. A tea, drunk freely, is a remedy for kidney complaints.

Onion Remedies—Onion syrup, prepared by sprinkling sliced onions with sugar and taken in teaspoonful doses every fifteen minutes, until relief is obtained, is a favorite home remedy for croup. Free application of onions to burns, extracts the fire and relieves the pain. In Bronchial affections, onion affords a remedy in the form of a syrup taken in teaspoonful doses three or four times a day or oftener if the case is severe.

Celery Remedies—To cure Rheumatism, drink freely of celery tea three or four times a day. It should also be used freely as an article of diet.

Peppermint Remedies—Infusion of peppermint, taken in frequent small draughts, is both a prtventative and cure of seasickness. Bruised and applied to the stomach, the herb relieves nausea and vomiting.

Tomato Remedy—Tomato syrup, made of peeled tomatoes well sweetened with sugar, around the abdomen and fastened. A doctor might not use such a bandage at all, but it is taken in teaspoonful doses every half hour, is recommended for Cholera Infantum.

· CHILD BIRTH

WHAT TO DO IN ABSENCE OF A PHYSICIAN

In case of child-birth with no doctor at hand or available, the mid-wife should know something of the nature of the presentation of the child. If a head presentation and the birth be difficult by reason of a failure of the shoulders to pass, the forefinger may be inserted under the child's armpit and gentle pulling be exerted. This assistance overcomes the difficulty in most cases.

The Navel Cord—Place the child on one side, beyond range of the mother's discharge, seeing, of course, that possible wrapping of the navel cord about its neck does not interfere with its breathing and that the mucus be removed from the mouth. As soon as the child has given signs of life by breathing and crying (and not before) tie a strong string tightly around the navel cord some two inches from the belly and knot it well. Do the same some four inches from the belly. Then cut the cord between the two tyings.

The After-Birth—Do not pull on the navel cord to help the expulsion of the after-birth (placenta). Give time for its natural expulsion. If it proves tardy, the abdomen in the region of the womb should be subjected to gentle friction and pressure by the hand. This will stimulate the womb to expel the after-birth. When the after-birth has passed, a

stout, broad bandage should be drawn firmly well for a nurse, in his absence, to do so as a precaution against hemorrhage. It should be worn for several weeks.

Necessity for Rest—The mother should not be allowed to move from her position or to exert herself for several days after the delivery. Every hour spent in perfect quiet reduces the chance of flooding. After this rest and perhaps a little sleep with it, if a cup of warm tea has been given, the bed may be dressed, the mother, however, not changing posture. Or she may be moved to a clean bed.

The Infant—Meanwhile, the infant should have been well greased all over with lard or oil and dressed. The next day thoroughly bathe in warm water. After being dressed, it should be placed with its mother.

WHAT MEN AND WOMEN SHOULD KNOW

Among the gifts which Nature has bestowed upon Man alone, to the exclusion of all other living creatures, is the power of LOVE. And no one who has ever experienced that passion, even in its mildest forms, will deny that it is the most powerful influence of all the most potent agencies by which our life in this phase of existence is governed.

All hopes, all passions, all delights,
Whatever stirs this mortal frame,
Are but the ministers of love
And feed his sacred flame.

But human love consists of two parts; the desire for procreation which we share with the world beneath us and that blending of two natures into a perfect whole which constitutes the love that is distinctly human and utterly unknown to the lower animals. Both are necessary to constitute a perfect human love. Without the procreating instinct, or the maternal principle, love is mere affection and does not rise to the loftiness or importance of a passion.

Too much stress can not be laid upon the idea that information regarding the marriage relation is a necessity before marriage. To their great discredit be it said; most parents allow their children to grow up untrained in matters relating to sex or give whatever information they may in such a way as to make that part of the body seem indecent. A morbid curiosity is aroused, just as would be the case regarding any other part of the body if the true knowledge of its functions were hid-

den away. Until purity of thought and knowledge on this question are engendered in youth, we can not hope for men and women to be much cleaner spiritually.

Everyone will agree that there is a vast difference in marriage as it is and marriage as it should be. A marriage properly entered into by chaste partners understanding the natural laws which should govern the conjugal relation, is probably the happiest condition upon earth. But the divorce record, which keeps pace with the weddings, is a testimonial that few reach the ideal state. The ideal can never be reached so long as we are dominated by passion or while gratification is the aim of the institution of marriage. Marriage is of the mental and the spiritual as well as the physical—a blending of all three elements for the uplifting of man and woman. It is called a lottery because reason and judgment are so seldom exercised in connection with sex attraction; hence the responsibilities should not be assumed in haste lest neverending unhappiness be brought upon two individuals.

Matrimony gives the opportunity and the occasion for the higher faculties of the mind to unfold, while a single life offers self as the chief object of consideration. There are many arguments used to prove life is a failure by those who either have made mistakes in choice or who, by a violation of natural laws in the conjugal relation, have not tasted happiness. The fact still remains unshaken that it is the doorway through which the real life, with all its blessings, is attained. No argument is needed to prove it to be the natural

condition of adult life and that the best successes of life are realized through a harmonious marital union.

Eternal vigilance is the price of love as well as of liberty. Like all fire, it needs constant fuel; so while the ups and downs of life come and go, do not neglect the courtesies and sweetly expressed sentiments toward one another. "I love you" is just as sweet to the wife or husband of five, ten or fifty years, accompanied by lover kisses and embraces as it was in the earliest days of courtship. It is a mistake to apply the fuel only once in a while. Sometimes, the fire, for want of it, smothers away and dies and the rekindling will be no easy task. Guard well the holy flame that makes marriage sacred.

Another point that must be looked to by newly married lovers is the frequency with which they come together in the new relation. Avoid temptation now as you did before marriage, remembering that "satiety blunts passion and clips the wings of love". Every natural appetite is given for a good purpose but excessive gratification is surely depraving. Hunger for food shows the system needs fuel but eating because the food tastes well brings on dyspepsia and kindred ailments. The habit of indulging any appetite too frequently, rivets upon the sinner chains too strong to be broken and in its train disaster.

What is seemingly uncontrollable in man's sex nature is due to wrong habits of thought and living and often a lack of cleanliness about the organs of generation. Bathing all the parts in cold water thoroughly and reg-

ularly every day prevents the accumulation of irritating substances about the glands and the young man or mature man will find that what he has hitherto regarded as a demand for sexual gratification is only the protest Nature offers against uncleanness.

The will is the supreme power in humans and nowhere is there a greater need for it to be exercised than in the matter of sex relations. There is certainly no place where "Blessed are the pure in heart" applies if it is not to purity of thought and action in the relation the sexes bear to each other. A chaste life is inspired by a true knowledge of the purpose and use of sex and the inward desire to so live as to bring forth best results for society in general and one's self in the end.

Thousands are wrecked yearly on the rocks of ignorance or slothful disregard of results. Others indulge the mere animal of their natures until they come to know no pleasure outside of it. They burn up the goodness and purity and strength of both soul and body in the white heat of sensuality and are left at last with the ashes of their dead best self, wondering wherein is the good of life.

The dense fog of filthy thought through which little children are blindly struggling must be destroyed. No plane of thought is more deadly to a child's soul growth than that upon which rests the subject of sex at the present time. From older children and depraved adults, the first lessons regarding a child's physical origin are learned in language so coarse and low as to shock the finer sensibilities. But after a time the coarsest insinuations relating to sex become standing jokes.

Ignorance does not mean innocence; these sources of contamination are gross because of their very ignorance. The time has come when no mother dare risk the innocence naturally a child's as a safeguard to his morals. She must give him weapons of self-defense against the putrid corruption he is sure to meet outside his own home door. He cannot get through even the A. B. C. period of school without it.

There are many conflicting views regarding the age at which a child should be taught regarding the mysteries of his own body. Some argue that the child is not old enough to understand an explanation before the time of puberty. Others say "They will find it out some way. It is not best to have them over-wise while they are so young. Wait a while". Do not wait a while. That is where the trouble has been. Knowledge on a subject so vitally connected with moral health must not be deferred. It is safe to say no child, no boy at least, in these days reaches the age of ten years without coming into possession of some idea of life's laws. And ninety-nine chances to one those ideas will be pernicious if they do not come from the wisdom of his parents.

Sexual instinct is not impure, unless perverted from the natural work assigned to it in the plan of life. But it becomes bestially low when it does fall, because there is so great a distance from its lofty purpose. "That which falls farthest, falls heaviest and deepest". The same law holds in the physical as in the material. There is nothing purer or grander

than the passion of love and its total dethronement giving place to lust is degradation so great as never to be overcome.

Many who have lived virtuous lives up to the time of marriage, at that time cast aside all restraint of their passions. A short time, a few years at least, will find the beautiful love which brought them together has been consumed in sensuality.

Chastity will purify the marriage relation as it will elevate civilization if given full sway. Then will come the happy era of happy people understanding their true positions toward each other. According to the inspired Tennyson, the chaste union will be when

“Each fulfils

Defect in each and always thought
in thought,

Purpose in purpose, will in will, they
grow

The single pure and perfect animal,
The two-celled heart beating with
one stroke, Life!”

PLAIN TALK AND ADVICE

Nearly every form of ill-health, debility and breaking down, gets its first start from a weak stomach and inactive liver and bowels. Nature endeavors to promote good health and bodily strength but if these organs are impaired, the first principles are involved and a constantly increasing departure from health is the result.

It may manifest itself in many different forms and be diagnosed as many different diseases, according to the symptoms that present themselves and the weaker organs or structures which become subject to the attack. But, when we go back to the first cause and look for the real start of the disease, we usually trace it to faulty action of the stomach or sluggish liver and bowels.

To be a strong man or woman, you must have a strong stomach and active liver and bowels, to keep all of the internal organs free from the poisonous accumulations which take place if they are not excreted through natural channels.

When digestion is properly performed and assimilation of the required amount of nourishment naturally follows, there is no good reason why the health should not be good. In fact, it must be good, and the person who is so blessed will simply feel strong, buoyant and full of good health and spirits and will look well, too, as well as feel so.

But think of the thousands, yes, millions, of people who do not look healthy and who probably do not know what it is to have a well day without some form of bodily ache or

pain or nasty discomfort of some kind. It may be a headache or sideache or neuralgia. It may be catarrh, sore throat, difficult breathing, coughing up of phlegm, palpitation of the heart or one of a hundred other symptoms. Or it may be bloating or fullness or a sour stomach with coated tongue and bad breath or persistent constipation. The skin becomes wrinkled and leathery and that unhealthy look becomes fixed upon the countenance, with many persons, never to be removed.

Then follows the usual expense of doctors and drug bills and endless bother of doctors' treatments. A score of remedies are tried and discarded in a vain hope to allay the pain and purge the bowels and counteract the poisons retained in the system. Other remedies are given to strengthen the heart and stimulate the kidneys and drive the poisons out of the afflicted body.

All without avail and all without regard to first causes when, if one would stop to think, it is such a simple, easy matter to start the stomach on the right track and give the liver and bowels a soothing, gentle stimulus, letting Nature do the rest, as God intended. When finally the right treatment is discovered, increased appetite, better digestion and assimilation of the food will follow. A nice cushion of dimpled, healthy fat begins to underlie the skin and it takes on that pretty, pink glow of health and returning youth. Biliousness and blues vanish and the patient feels and looks like a new man or woman.

But, you ask, "What simple remedy will accomplish all this?" My answer is that it is contained in **THE SANATORY CHEST**

which constitutes a complete family doctor and is composed of four Nature's preparations as follows: **Sanatone**, a constitutional corrective, acting directly upon the stomach and digestive organs; **Sanalax**, a system renovator, acting directly upon the organs of elimination; **Sanapectoral**, a respiratory restorative, acting directly upon the Bronchial tubes, pulmonary and respiratory organs; **Sanabalm**, an external sanative anodyne, acting directly upon the external tissues, healing, cleansing, relieving pain, inflammation, etc. These four marvelous preparations constitute the fundamental remedial properties essential to health as well as in the treatment and prevention of nearly all diseases. These preparations, with the exception of **Sanabalm**, which is for external application only, are strictly 100% pure vegetable herbs and contain no poisonous or narcotic properties of any kind. They are selected for their usefulness and remedial virtues regardless of cost, mixed and blended together in such forms and proportions as to produce a mild, soothing and gentle activity of the cells and membranes of the various glands and organs, helping them to fully perform their duties and respond to the calls of Nature, without ache, or pain or distress and with a feeling of satisfaction and well-being to the patient.

These preparations, except **Sanabalm**, are put up in the powder form which, by the way, is the only proper form in which to take herbal preparations and receive the full benefit of all its remedial virtues. They are easy to take and not disagreeable in any way. The powder quickly dissolves in the stomach and

is taken up and acted upon by the ever-active mucus membranes. That is why so many praise these preparations and say they make the stomach feel so well and strong. But their good work does not stop when it passes out of the stomach. It produces a gentle, moving effect on the liver and glands and the muscular coats and lining membranes of the bowels and then some is taken up in the blood and goes on to the kidneys and bladder, helping them to do their work properly and bringing their lining membranes back to their normal condition, removing the soreness of irritation and congestion from the epithelial cells and terminal nerve filaments. And then you begin to feel good all over because there is nothing more the matter with you. Your kidneys begin to act freely and the bladder completely empties itself and the urine loses that smarting, bad-smelling, decomposed condition it has had so long. The liver pours out its due amount of secretion regularly to help the bowels to dispose of their waste contents with the formation of gas and other poisonous filth that otherwise would occur, to be reabsorbed into the blood and so poisoning the whole body.

That is what the doctors call auto-intoxication. It means that you are generating poisons or toxic elements in your own body and absorbing them into the blood. When you are doing this, you are making preparations for a long sick spell or a lifetime of broken health and a long list of aches and pains and ailments and symptoms that would require a patent medicine almanac to describe.

Each of these petty miseries will be treated

in its turn as it gives you the most trouble. When you get one of these about squelched, it breaks out in another place, resulting in further mischief, until you dope it into submission or put it to sleep with an opiate or headache powder or some other devilish concoction that will do you more harm than good.

But this auto-intoxication goes right on making business for the doctors while you never suspect where your troubles got their start. Now, from what has been said, you should know whether you are a victim or not. If you are, waste no time in correcting the cause. The sooner you attend to this, the quicker you will be relieved and the less difficulty you will experience. The task is not a great one but it must be attended to before the trouble goes too far. If you neglect it and these poisonous products enter the blood in large quantities, it will be an easy matter for them to cause you a serious spell of sickness or possibly put you under the ground.,

But go after it right and keep it up every day according to the specific directions given for each preparation and Nature will do the rest. When the system is cleansed and all organs again resume their proper functions, health will be restored. However, to prevent repeated attacks of maladies of any kind, always remember the old maxim "An ounce of prevention is worth a pound of cure". Keep the bowels regular by using **Sanalax**; the stomach and digestive organs by occasional use of **Sanatone**. For pulmonary troubles, coughs, colds, etc., there is nothing better than **Sanapectoral**. External aches, pains, eruptions or any affections of skin may be re-

moved or prevented by occasional application of **Sanabalm**.

Referring again to the disease for which you have been treating and when finally relieved your stomach and entire organic system will be put to rights in better shape than you have ever known them before and you will feel like a different person. Like thousands of others who have been put wise, you will say, "I never felt so good in all my life" and then, when you are looking and feeling so fine, and everybody says "How splendidly you are looking", don't be selfish about it and reply "Oh, yes, I am always well and happy". Give your friends the benefit of what you have found out. Tell them about the auto-intoxication or whatever your ailment might have been, what it is and how it acts and what they can do to get rid of it. Tell them of the **SANITARY CHEST** and what it has done for you and thousands of others who are praising it with gratitude and fervent good-will. Don't be a shrivelled up, debilitated, skinny-looking runt but put your physical machinery into good shape and be a real man or woman in every sense of the word—not a dead one, but full of life energy, force and vital magnetism—full of that attractive power for both men and women, the greatest influence of all for producing perfect, robust health.

Nature's reward is health, strength and happiness for having a clean body pulsating with clean, rich, red blood and clean cells. Nature will do the rest when cleanliness dwells within. She straightens the drooping muscles, rounds out the fading dimples and puts a cushion of velvety fat over the bony angles.

THE SANATORY CHEST

THE SANATORY CHEST is the result of many years of study and successful practice by the author, whose ambition has been to formulate a combination of dependable preparations that will supply life's essential elements—organic, mineral, salts, etc., and also for the treatment of the more common, ordinary diseases and which can be obtained by the consumer at a moderate or minimum cost.

Do not get the impression that the author believes that one single preparation is capable of curing every disease but he affirms and proclaims that the **SANATORY CHEST** contains four special herbal preparations which contain remedial properties that will produce nearly all the results which are to be gained by the use of every mineral drug set down in the Dispensatory and without the harmful after-effects resultant from the use of poisonous drugs.

SANATORY SCIENCE

In considering the merit or possibilities of these four **Sanatory Chest** preparations as remedial agents, please remember this important fact, that they do not **cure** disease,—no preparation or treatment can or will—but they do **destroy the cause** of disease by neutralizing it with purity, and thus renders inert the cause of ailment so that **Nature** may do the restoring. the **curing**. **Sanatone**, description of which immediately follows, is a rejuvenating agency superior to transplanted glands or any other artificial vitality generator, for through its use impaired **Human Glands** are

by **Nature** restored to normalcy—a better, more pleasant, and far less expensive way than surgical operation.

Perfect health is possible only when the body is cleansed of all impurities and supplied with the essential organic elements which produce a **natural** and not an artificial stimulant of life. A body in such a state of health could not even “catch cold.”

The secret of health, or the conquering and preventing of diseases, dear reader, is to see that Nature’s organic machinery functions properly. When it does so function, is it not evidence that health is supreme? It is for the purpose of assisting Nature in regulating these functions, that our preparations are designed. Natural Science and Philosophy teaches of Nature’s adjunct and simple, fundamental requirements whereby disease may be banished, health maintained and life prolonged. If the proper use of these preparations is made, the simple directions explicitly carried out, all of the organs of the body will then function naturally and one may hope for a speedy recovery or possibly avert the development of a more serious and complicated disease.

“An Ounce of Prevention is worth a Pound of Cure”

Each preparation of the **Sanatory Chest** is designed for specific purposes which will hereafter be described separately.

With the exception of **Sanabalm**, which is for external use only, and is not strictly herbal, all preparations consist of 100% pure vegetable ingredients scientifically compounded by

our own special system so as to give maximum results in every case where indicated.

The therapeutic or remedial properties of each preparation, as defined by noted herbal authorities, is given so that the user may better determine for which particular disease it is indicated.

SANATONE

Nature's Constitutional Corrective

Sanatone, as may be seen by the therapeutic properties given below is a most valuable adjunct in the treatment of many diseases. It operates directly upon the stomach and digestive organs, cleansing them of all foreign and morbid matter, regulating their tone to accord with the best of health and so bracing and invigorating them so that they can not fail to perform their functions with unfailing propriety. The Therapeutic properties of ingredients are as follows:

Carminative:—Expels wind and gas from the stomach; stimulates circulation. Corrects disagreeable effects of other properties.

Antirheumatic:—Relieves or cures rheumatism.

Demulcent:—Mucilaginous principles soothes, relieves inflammations and protects irritated mucous membranes or other tissues.

Antiperiodic:—Arresting periodical disorders or other tissues.

Hepatic:—Relating to diseases of the liver.

Alteratives:—Used to correct functional disorders due to faulty nutrition.

Depuratives:—Purifying the blood.

Antilithics.—Preventing the formation of

calculi in the urinary organs.

Aperients:—Gentle laxative, without griping. Removes obstructions.

Lithontryptics:—Dissolves calculi in the urinary organs.

Nervines:—Allays nervous excitement; acts on the Nervous system.

Sedatives:—Relieving excessive irritability of tissues.

Tonics:—Stimulates nutrition and builds up weakened functions.

Stomachics:—Strengthens and gives tone to the stomach.

Anodynes:—Relieves pain or causes it to cease.

Antibilious:—Opposed to biliousness, acts on the liver.

Diuretics:—Increases the secretion and flow of urine by their action on the kidneys.

Absorbents:—Contracts acidity of the stomach and bowels.

Emanagogues:—Stimulates and promotes menstruation.

Prophylactics:—Prevents the taking of or developing of diseases.

It is superfluous to add anything further, as it can be seen from the foregoing properties for which ailments **Sanatone** is indicated. However, we sincerely recommend it in the treatment and prevention of the following ailments for which it is particularly indicated:—

Dyspepsia, Indigestion and all stomach troubles;

Gall stones, Jaundice, and all liver troubles;

Dropsy, Gravel, Diabetes, and all kidney and bladder troubles;

Catarrh of the stomach, intestines, and bladder;

Heart troubles, sleeplessness, headache, neuralgia;

Neuritis and all nervous troubles;

Female complaints, general debility, rheumatism;

Scrofula, anemia, gout, lumbago, poor circulation, blood pressure, and all blood disorders;

Post-flu and all convalescence cases.

It restores vitality in the languid and weak; it has a remarkable action on the genito-urinary organs of both sexes. It is a boon to mankind and will without doubt prolong the life of persistent users.

GENERAL DIRECTIONS FOR TAKING "SANATONE"

Each individual system has a different temperament; therefore, it is not possible to give a definite direction that will give maximum results in every case. Only the average dose with general directions for taking can be given here. Each individual user must then regulate the dose and frequency for taking according to results obtained.

Directions—One-half of a level teaspoonful of the powder is an average dose for adults; for children, proportionally smaller doses according to age. Two to four doses may be taken during the day, before or after meals and upon retiring.

The most effective and agreeable way of taking is to mix each dose of powder into a wineglassful of warm water, milk, or fruit juice, preferably the latter. It is most essen-

tial in the treatment of all cases that the bowels be kept moving regularly. This applies to the healthy as well as to the ailing. When it is necessary, always use **Sanalax** for this purpose.

"SANALAX"

Nature's System Renovator

There is no preparation on earth more essential to health and happiness than is a well prepared laxative or system renovator. The simplest causes sometimes lead to the most ruinous and tormenting results. If a simple preventative were used, a cure would not be required; or if a cure were found necessary, it would prove most efficacious.

Common sense teaches us that a perfect body can not be ill if the bowels perform their functions naturally. Impurities will collect everywhere. If the spring is foul, the rivulet will be impure. If an atom finds its way into the inside of a watch, it must be taken out or the watch will no longer accomplish its duties. The human system is more delicate in its complications, its manifold springs, and currents than the most exquisite piece of machinery ever invented by mortal.

Sanalax is a natural system renovator and will cleanse the body of all accumulated waste and poisonous matter. It acts pleasantly and naturally and does not gripe. Here, it is well to suggest that one should avoid drastic mineral cathartics that overwork the bowels and which have a tendency to cause constipation rather than relieve it. Only mild herbal laxatives in moderate doses sufficient to move the bowels gently and naturally can possibly cure

or even relieve constipation or its derivative diseases.

Sanalax, as well as **Sanatone** and **Sanapectoral**, is a pure botanical herb product containing no mineral, narcotic, or poisonous ingredients of any kind. Following are the therapeutic properties for which the ingredients of this preparation are noted:

Carminatives—Expels wind and gas from the stomach and bowels. Stimulates circulation.

Anti-Bilious—Opposed to biliousness, acts on the liver.

Aperients—Gentle laxatives without griping.

Antiperiodics—Arrest periodical disorders.

Antirheumatics—Relieves or cures rheumatism.

Cholagogues—Increase the flow of bile.

Demulcents—Mucinilaginous; soothes and relieves inflammations.

Depuratives—Purifies the blood.

Diuretics—Increases the secretions and flow of urine by their action upon the kidneys.

Lithontryptics—Dissolves calculi in the urinary organs.

Stimulants—Increases functional activity.

Stomachics—Strengthens and gives tone to the stomach.

Tonics—Stimulates nutrition and builds up weakened functions.

Absorbents—Counteracting acidity of the stomach and bowels.

Prophylactics—Prevents the taking or developing of diseases.

These are the true medical properties of

Sanalax and is sufficient evidence of its alleviating or curative power. As an adjunct in the treatment of various acute and all chronic diseases, it is indispensable because of its cleansing or eliminating virtues. All chronic and nearly all acute diseases are caused by faulty elimination; therefore, to relieve or to fortify against such, it is absolutely essential that all organs of elimination function properly in order that accumulated poisons and effete matter may be carried off. When this is successfully effected, then Nature's machinery is ready to do her work in the natural way, the rich, red, healthy blood pours through the veins and health is restored. For the same reason the system is rendered less susceptible to the attacks of diseases.

Sanalax is particularly recommended for the treatment of constipation, biliousness, and kindred ailments and as a necessary adjunct in all chronic and many acute diseases.

GENERAL DIRECTIONS FOR TAKING "SANALAX"

The average dose for adults is about one-half of a level teaspoonful; for children proportionately smaller doses according to age. To be taken once a day, preferably at bedtime.

The best and most agreeable way is to mix each dose in a half glassful of warm water, milk, or fruit juice. If the bowels act too freely, take smaller doses or less frequently until movement of the bowels becomes normal, then stop.

SANAPECTORAL

"Nature's Respiratory Restorative"

Sanapectoral like **Sanatone** and **Sanalax** is compounded from Nature's pure roots, herbs, barks, seeds, etc., but is very much unlike them in its therapeutic properties. **Sanapectoral** is indicated in the treatment of all diseases of the respiratory organs to modify the quality and quantity of the mucous secretion and to favor its removal. It is a most important remedial agent in all pulmonary and bronchial troubles. The therapeutic or remedial properties of this wonderful preparation will better explain its virtues. They are given for your consideration, as follows:

Aromatics—Produces a-fragrant or spicy taste and odor.

Antiperiodics—Arrests periodical disorders.

Demulcents—Mucilaginous; soothes and relieves inflammations.

Depuratives—Purifies the blood.

Diaphoretics—Produces insensible Perspiration.

Sudorifics—Produces copious perspiration.

Diuretics—Increases the secretion and flow of urine by action on the kidneys.

Expectorants—Acting upon the pulmonic mucous membrane and increases or alters its secretions.

Pectorals—Relieves affections of the chest.

Febrifuge—Abates or drives away fever.

Hæmostatics—Arrests hemorrhages.

Laxatives—Acts gently on the bowels.

Sedatives—Relieves excessive irritability of tissue.

Tonics—Stimulates nutrition and builds up weakened functions.

The above properties are evidence as to the remedial worth of **Sanapectoral**. It only remains now, to suggest or recommend the diseases for which it is principally indicated after which we entrust the public as a jury to determine its true efficacy strictly upon its merit. Our recommendations are that **Sanapectoral** is particularly indicated in the treatment of the following diseases:-

Coughs, colds, croup, whooping-cough, asthma, hay fever, nasal and intestinal catarrh, bronchitis, la grippe pleurisy, pneumonia, pulmonary consumption, and all affections of the throat, chest, bronchial tubes, and lungs.

GENERAL DIRECTIONS FOR TAKING SANAPECTORAL

The average dose for adults is one-half of a level teaspoonful of the powder mixed in half a glassful of warm water, milk, or fruit juice,—preferably the latter,—two to four times daily between meals and upon retiring. The dose for children is proportionately smaller according to age. In all cases, however, the dosage may be increased or decreased according to results; this can be determined most satisfactorily by the patient after trial. In cases of colds, la grippe, etc., or when a good sweat is desired, the dose should be taken in a full glass of water or milk as hot as can be drunk just before retiring. Be sure to cover up well. In this manner, la grippe and bad colds are often broken in a single night. It is essential that the bowels move regularly. Use **Sanalax** until the bowels become normal.

SANABALM

Nature's External Sanatory Anodyne

Sanabalm is a radical ointment and very much unlike the ordinary kinds. It is a twentieth century wonder of which has been said "Acts more like a miracle than a medicine". We do not claim any such properties for it, however, yet we insist that it is a wonderful preparation for the treatment of all diseases of the skin. Also, on account of its great penetrating and other phenominal properties, it is a most valuable adjunct in the treating of diseases attended by aches, pains, swellings, etc.

Sanabalm is not strictly 100% herbal although the principal remedial ingredients are. It is for external application only; is absolutely harmless; may be applied to the most delicate skin without fear of detrimental results.

That you may judge or determine for yourself as to the remedial virtues of **Sanabalm**, we give you herewith its therapeutic properties in authentic detail:—

Anodynes—Relieves bodily pain or causes it to cease.

Adenagics—Relieves or arrests glandular pain.

Antiphlogistics—Opposed to inflammations.

Antiseptics—Prevents Putrifaction.

Astringents—Influences vital contractility and thereby condenses tissues.

Balsamics—Heals or soothes inflamed parts.

Detergents—Cleansing to wounds, boils, and ulcers.

Emollients—Softening to inflamed parts; soothing.

Styptics—Arrests or stops bleeding; soothing.

Herpatics—Cures eruptions or skin diseases, ringworm, eczema, etc.

Lenitives—Allays irritation.

Paracitides—Destroys germs and insects infesting the body—not synonymous with insecticide.

Maturing—Favoring ripening of tumors, boils, and ulcers.

Resolvents—Discussant; dispels or resolves tumors.

Sedatives—Relieves excessive irritability of tissue.

Vulnerary's—Healing to fresh cuts or wounds.

Penetratives—Having the power or faculty of permeating.

By the remedial properties as shown above, the curative value of Sanabalm can be readily conceived. Besides being a specific for all external diseases of the skin, it is also a most effective adjunct in many other diseases, both acute and chronic, including catarrh, tonsilitis, swollen glands, goiter, colds, neuralgia, lumbago, gout, backache, rheumatism, muscular swellings, varicose veins, aching feet, etc.

Sanabalm, however is particularly indicated in the treatment of all diseases, affections, and eruptions of the skin and scalp, including itching, bleeding and protruding piles, fistula, eczema, ringworm, acne, pimples, scabbies, itch, scalled head, ulcers, tumors, old sores, boils, carbuncles, cuts, wounds, burns, etc.

For these and various other affections of the skin, it is sure to give prompt and permanent relief even in the most severe and obstinate cases.

Sanabalm is a boon to mankind, and we sincerely recommend it to all who may be afflicted with any of the above mentioned ailments.

GENERAL DIRECTIONS FOR APPLYING SANABALM

Bathe or sponge affected parts with as warm water as can be borne for five or ten minutes, use good castile or skin soap; rinse and dry well with towel; then immediately apply (do not rub in) a small portion of **Sanabalm** to be absorbed by the skin over night.

For such ailments as muscular swellings, rheumatism, aching feet, goitre, gland troubles, etc., and where the skin is not broken, **Sanabalm** should be rubbed into the skin well.

Larger portions of **Sanabalm** may be applied to old sores, boils, ulcers, carbuncles, etc., covering it with absorbent or medicated cotton and bandaging if necessary.

For fresh cuts, wounds, etc., apply **Sanabalm** immediately without the bath.

Applications in all cases of piles, fistula, scalled head, eczema, ulcers, boils, and all eruptions of the skin may be repeated every evening upon retiring or oftener if desired.

For aches, pains, swellings, etc., it may be applied as often as desired or whenever indicated. In every case where indications of a constitutional disorder are present, **Sanatone** should be taken in conjunction with the external application, and also **Sanalax** to cleanse the system of impurities.

APPENDIX

NATURAL HERB REMEDIES

Many people have a strong prejudice against proprietary remedies. That this prejudice is entirely unwarranted, no individual who possesses a knowledge of the facts will deny; but the majority of those who entertain this prejudice have imbibed it without thought and continue to hold fast to it as a matter of fashion. The origin of the unjust and untenable prejudice against such remedies is very clear. For hundreds of years, medical practice was shrouded in mystery and the professors of surgery and physic had so long kept the secrets of their science hidden from the world, that they honestly considered any infraction of the rules of conduct by which they had bound themselves in council to be governed, to be heresy and humbug of the rankest description. Hence, when a few of these public benefactors, who had discovered, by hard study and benevolent experiment, certain specifics for many of the most severe maladies which afflict the human race and having created a very large demand for them because of their merit, as well as through advertising and the powerful aid of the press and at a very moderate cost to the purchaser, the whole medical faculty set to work to alarm the people so as to save their former fees. If, for a few dollars, a cure of some obstinate case could be effected and the very costly attendance, for months, of some medical physician could be dispensed with, what was to become of those who adhered to the

old style of doing things? They would be ruined, they argued, and as self-preservation is the first law of Nature, they raised the cry of "quackery". It was taken up and faithfully circulated by both the ignorant and the intelligent and in many communities, it still forms a traditionary prejudice. Notwithstanding all this, the great economy and physical benefit of truly good proprietary remedies have been causing them to make headway for nearly a century.

All proprietary remedies which hold an unimpeachable position before the country, are the results of the studies, labors and experiments or those of rare skill and ability. On the other hand, the remedies that do not possess undoubted merit, cannot maintain their stand for any reasonable length of time and consequently cannot yield their proprietors even a medium living. Common sense, therefore, teaches us very plainly that a proprietary remedy **WILL NOT BE SUSTAINED** by general or particular patronage unless it is **POSITIVELY GOOD**.

The Sanatory Chest contains four preparations or remedies. These are products to which the author has devoted many years of study, labor and experiment in order to perfect. They are fully described in Part V of this book and are all that they are claimed to be. Together with a complete line of specific remedies for each and every disease, they are offered to the consumer strictly upon their merits and at prices low enough to be within the reach of all.

LIST PRICES

SANATORY CHEST AND CONTENTS

Sanatone	Family size box.....	\$2.00
Sanalax	" " "	2.00
Sanapectoral	" " "	2.00
Sanabalm	" " "	2.00

The **Sanatory Chest**, for family use, containing one box each of **Sanatone**, **Sanalax**, **Sanapectoral** and **Sanabalm**, as described above and put up in a good, serviceable container or chest; including, free of charge, one **Clinical Thermometer**, one **Spoon**, one **Wineglass** and one copy of this book, **The Practical Herbalist**, is priced at \$7.50.

SPECIFIC REMEDIES

In very complicated or obstinate cases of long standing, a specific preparation acting directly on the organs or parts affected is sometimes necessary in addition to the fundamental treatments contained in the **Sanatory Chest**. Should such special remedy be required, state specifically in your letter the nature and cause of disease. Also look up the chapter on **Pathology** in this book, Page . and designate the disease you find there that seems to correspond with your ailment and the special treatment recommended will be mailed you C. O. D. immediately. The average price of these special preparations is from \$1.00 to \$2.00 per box. However, in a very few instances, where very expensive herbs are necessary, in the remedy, the price may reach around \$3.00 per box. See last item in book—"How to Order", page 235.

SECRET FORMULAE

We have no apology to offer for not revealing the ingredients used in our preparations except that the author has devoted much time and labor in perfecting a combination of preparations that have proven most dependable in the treatment of diseases. Now that his ambition is realized, inasmuch as the **Sanatory Chest** has proven successful, he hopes to benefit by the profits that may accrue and does not propose to divulge his secret formulae to the public to be taken advantage of by some unscrupulous person. For this same reason, no manufacturer of a really meritorious article reveals his formulae to the public. The author has given the therapeutic or remedial properties of each preparation as defined by noted herbal authorities. This should be equivalent to ingredients themselves and sufficient to determine their actual remedial action.

TESTIMONIALS

We might publish here a volume of testimonials evidencing the wonderfully good results and cures effected through the use of our preparations as they come to us unsolicited through the mails and by personal suggestion every day. Yet we refrain from doing so for two reasons. First, because the only satisfactory proof of the merit of the preparations can be obtained by actual trial. Second, because we do not wish to bother our customers with numerous inquiries and troublesome correspondence.

FREE SAMPLES

The **Sanatory Chest**, with all its preparations, is guaranteed to give entire satisfaction or money cheerfully refunded; therefore, we do not give free samples. Another reason is that there are so many unprincipled persons—pardon us—sample-grabbers, if you please, looking for something for nothing. Our preparations are sold strictly upon their merits at a close margin of profit and we cannot afford to give them away promiscuously.

GUARANTEE

We guarantee the **Sanatory Chest**, containing our four preparations, **Sanatone**, **Sanalax**, **Sanapectoral** and **Sanabalm**, also all special preparations we may send you to be composed of various ingredients noted for all the therapeutic or remedial properties which we have claimed for them. If given a fair trial and used according to the simple directions, they will give prompt and permanent relief. If not and you are dissatisfied with results, we guarantee to and do positively refund your money providing the unused portions are returned to us in the original container at the time the refund is requested. **This guarantee is bonafide.**

PHYSICIAN'S ENDORSEMENT

Both medical and non-drug physicians of various schools who know and appreciate the value of roots, herbs, barks, etc., as remedial agents, have endorsed our **Sanatory Chest** preparations, especially as an adjunct to the treatment of chronic diseases, post-flu cases,

convalescence and building up weak and run-down constitutions. Physicians who can use these preparations in quantity will be quoted special prices per pound in bulk, upon request. The physician may then prescribe or distribute to patients under own label if so preferred.

AGENTS WANTED

The **Sanatory Chest**, containing our four Twentieth Century wonder preparations is in great and increasing demand. Every house contains a prospective buyer. We desire a representative in every city and town in America to assist in sales and to look after the local demand and we will be pleased to consider application from any person who desires to engage in and build up an interesting and profitable business. Write us today for our very liberal terms.

HOW TO ORDER

We can supply any preparation or herb mentioned in this book. When ordering, state plainly just what is wanted; on which page of this book it appears, etc. Remit by Post Office Money Order or Express money order or registered letter at our risk—otherwise at your own risk. We ship C. O. D. providing \$1.00 is enclosed with order but when full amount is paid in advance, we prepay all charges and ship via insured Parcel Post. Address all orders and make all remittances payable to

SANATORY HERB DISPENSARY

2209 Second Ave., Seattle, U. S. A.

VOCABULARY

of Medical and Technical Words Used in This Book

N. B.—For Terms not given here consult the Index to this Volume and the larger Dictionaries.

Abdomen. The belly.

Abortion. The expulsion of a child from the womb before it is fully developed.

Abscess. A pus cavity.

Absorbent. A medicine which takes up acidity from the bowels and stomach.

Acidity. Sourness.

Acrid. Bitter, pungent.

Acute. Severe and sudden (of a disease).

Adhesive. Sticking, uniting.

Adjuvant. A medicine added to a prescription to assist the action of the other medicines.

Adult. A person of full growth.

Affection. Disease, sickness.

Alchemy. Pertaining to chemistry; the art of extracting liquids and juices, especially from plants.

Aliment. Food, nourishment.

Alimentary. Capable of affording nourishment.

Alkali. A substance, like soda, which can destroy acidity.

Alterative. A medicine which effects a beneficial change in the system.

Amylaceous. Containing starch.

Anemia. Privation of blood.

Anesthetic. A medicine that deprives of sensation.

Analysis. The resolving of anything into its component parts.

Anastomosis. Communication between two vessels.

Anatomy. The science of the structure of the body.

Anodyne. A medicine which relieves pain.

Antacid. A medicine which counteracts acidity.

Antaphrodisiac. A medicine which cools the animal passions.

Anthelmintic. A medicine or other remedy for worms.

Anthilitic. Prevents formation of calculi in the urinary organs.

Antibilious. That which counteracts biliousness.

Antidote. A remedy which counteracts the effects of poisons.

Antiperiodic. A remedy for periodical disease.

Antiscorbutic. A remedy for scurvy.

Antiseptic. That which resists putrefaction.

Antispasmodic. A remedy for spasms.

Antisyphilitic. A remedy for syphilis.

Aperient. A medicine which opens the bowels gently.

Aromatics. Improves the flavor and smell.

Arthritic. Relating to inflammation of the joints.

Assimilation. The act of taking proper nutriment from food into the system.

Asthmatic. Subject to asthma.

Asthenia. Weakness.

Astringent. Contracting, counteracting looseness.

- Atony.** Atonic, wanting tone.
- Atrophy.** A wasting of strength and flesh.
- Auricle.** 1. The outer ear. 2. A cavity of the heart.
- Auscultation.** Listening to the sounds in the chest to detect symptoms of disease.
- Autopsy.** Examination of a corpse.
- Balsamic.** A medicine for healing.
- Bile.** The fluid secreted by the liver.
- Bilious.** Having an excess of bile.
- Biology.** The science of life.
- Bronchia.** A branch of the windpipe.
- Calcareous.** Containing lime.
- Calculus.** A concretion in the excretory organs, as a stone in the bladder.
- Callus.** The hard matter formed about the fractures of bones.
- Capsule.** A gelatinous case for enclosing a dose of unpleasant medicine.
- Cardiac.** Relating to the heart.
- Carminative.** A medicine which expels the wind from the bowels.
- Cataplasm.** A poultice.
- Cathartic.** A medicine which opens the bowels freely.
- Caustic.** A substance which burns living tissues.
- Cauterize.** To apply caustic.
- Cellular.** Composed of cells.
- Chlorosis.** Green sickness.
- Cholagogue.** A medicine which increases the flow of bile.
- Choleric.** Pertaining to bile.
- Chronic Disease.** A protracted, slow disease.
- Clinical.** Pertaining to the bed.
- Coagulate.** To change from a liquid to a denser state.
- Collapse.** Complete breaking down.
- Colon.** A portion of the large intestine.
- Coma.** A condition of profound sleep.
- Condiment.** An article used to make food more savory.
- Congestion.** Accumulation of blood in a part.
- Constipation.** Insufficient expulsion of the excrement.
- Constriction.** A narrowing or contraction.
- Contagion.** A disease caught by contact.
- Contamination.** Pollution.
- Contusion.** A bruise.
- Convalescence.** Condition of recovery after a sickness.
- Cordial.** A strengthening, inspiriting medicine.
- Corrective.** A substance added to a medicine to modify its action.
- Cosmetics.** Substances used to beautify the complexion.
- Costiveness.** Same as constipation.
- Counter-irritant.** A medicine which relieves irritation in one organ by increasing it in another.
- Crisis.** The turning point of a disease.
- Cutaneous.** Pertaining to the skin.
- Cystitis.** Inflammation of the bladder; chronic catarrh of the bladder.
- Decoction.** A medicine made by boiling some substance in water.
- Decomposition.** Decay.

Delirium. A wandering of the mind.

Demulcent. A medicine which removes the pain of wounded or diseased parts.

Deobstruent. A medicine which removes obstructions from the passages of the body.

Deplete. To empty.

Depurative. Cleansing from impurities.

Detergent. A medicine that cleanses wounds, etc.

Determination. Strong direction toward some point.

Diagnosis. The distinguishing of one disease from another.

Diaphoretic. Producing insensible perspiration.

Digestion. The function by which food passing along the alimentary canal is prepared for nutrition.

Dilation. The act of dilating.

Diluent. A remedy for resolving or forcing back swellings.

Disinfectant. A substance which destroys the germs of disease in the air.

Dislocation. Throwing out of the natural position.

Distention. A stretching and expanding.

Diuretic. A medicine which promotes the flow of urine.

Domestic. Belonging to the home.

Douche. Dashes of water.

Drastic. A medicine which acts powerfully.

Duodenum. The first of the small intestines.

Dyspnea. Difficulty of breathing.

Eczematous. Of the nature of eczema.

Edema. A swelling filled with fluid.

Efete. Worn out, exhausted.

Effusion. The escape or the secretion of fluids.

Eliminate. To strike out, to throw out.

Emaciation. The state of being thin and weak.

Emesis. Vomiting.

Emetic. A medicine which causes vomiting.

Emmenagogue. A medicine which promotes the menstrual flow.

Emollient. An external application to allay irritation.

Emulsion. A milk mixture containing oil, water and mucilage.

Endemic. A disease peculiar to a people or a nation.

Enema. An injection.

Engorgement. Over fullness or obstruction of a vessel.

Enteric. Belonging to the intestines.

Epidemic. Prevalent among the people.

Epidermis. The outer skin.

Epispastic. An external application to the skin.

Epithelium. The layer of cells which covers many of the membranes.

Eruption. A disease of the skin.

Evacuant. A medicine which promotes evacuations of the bowels.

Evacuation. Movement of the bowels.

Excitant. A medicine which arouses the vital activity of the body.

Excrement. Matter ejected from the bowels.

Excretion. Excrement.

Exhalation. That which is breathed out; that which rises as a vapor.

Expectorate. To spit or cough out from the bronchial apparatus.

Expectorant. A medicine which promotes discharges from the throat or lungs.

Expiration. A breathing out.

Extremities. Used to designate the hands and feet.

Exudation. Sweating, a discharge of moisture.

Feces. Excrement.

Farinaceous. Containing or composed of flour.

Fauces. The back part of the mouth.

Febrifuge. A remedy for fever.

Febrile. Pertaining to fever.

Fermented. Changed by a process of decomposition.

Fetid. Having an offensive smell.

Fistula. A deep, narrow, chronic abscess.

Flatulence. The state of having wind on the stomach.

Flatus. Wind generated in the stomach.

Fetus. The young in the womb.

Flux. Flow.

Follicle. A gland, a cavity.

Fomentation. A warm lotion applied to ease pain.

Formication. A creeping sensation.

Function. Office, duty.

Gangrene. Death of a part.

Gargle. A liquid preparation for washing the throat.

Gastric. Belonging to the stomach.

Generation. The functions which are active in reproduction.

Genitals. The organs of generation.

Gestation. Carrying the child in the womb.

Gland. A cell or collection of cells which secrete some fluid from the blood.

Glandular. Pertaining to the glands.

Granular. Consisting of or resembling grains.

Gravel. Substances precipitated in the urine resembling sand.

Haemeostatic. Arrests or stops bleeding; soothing.

Hallucination. A mental disorder in which one thinks he perceives objects which do not exist.

Hectic. The fever of advanced disease.

Hemorrhage. Discharge of blood from the blood-vessels.

Hepatic. Pertaining to the liver.

Herbalist. Botanist; one who deals in herbs.

Herbology. The science, philosophy and art of applying herbs as a prophylactic and therapeutic means of sanitation.

Herbologist. One who is familiar with the science and practice of herbology.

Hereditary. Handed down from one's parents.

Hydragogue. A medicine causing watery evacuations.

Hygiene. That branch of medical science which treats of the preservation of health.

Hypnotic. Having the quality of producing sleep.

Impotence. Want of power.

Impurity. That which is impure, foul matter.
Incontinence. Want of self-restraint.
Incubation. The maturing of a contagious poison.
Indigenous. Native, produced naturally in a country.
Indolent. Painless; a term applied to tumors.
Induration. The act of hardening.
Infection. The communication of disease.
Inflammation. Redness and swelling of a part.
Inflate. To distend, to swell up.
Infusion. Extraction of properties by steeping.
Inhalation. The act of drawing into the lungs.
Inhale. To draw into the lungs.
Injection. Throwing liquid into a cavity of the body by means of a syringe.
Inoculation. Communication of a disease to a healthy person by inserting contagious matter under the skin.
Inorganic. Mineral; bodies without organs.
Insomnia. Sleeplessness.
Inspiration. Breathing in.
Inspissation. The act of rendering a fluid substance thicker by evaporation.
Intermittent. Ceasing at intervals.
Irrigate. To wash out.
Laboratory. The workroom of a chemist.
Larva. An insect in its earliest form after leaving the egg.
Larynx. The upper part of the windpipe.
Lateral. Sidewise.
Laxative. A medicine which loosens the bowels.
Lesion. A hurt or injury.
Ligament. The strong substance binding together the bones.
Ligature. A cord for tying blood-vessels.
Liniment. A soft ointment for bathing bruises, etc.
Lithontriptic. A medicine which destroys the stone in the bladder.
Lochia. The evacuations from womb and vagina following childbirth.
Lymph. A colorless fluid in animal bodies.
Macerate. To steep almost to solution.
Malarial. Pertaining to malaria.
Malignant. Applied to diseases which threaten life.
Mamma. The female breast.
Mania. Violent derangement of the mind.
Melancholia. A mild form of insanity attended with great gloom and mental depression.
Membrane. A thin, extended, transparent tissue.
Menses. The monthly flow of females.
Menstrual. Pertaining to the menses.
Midwife. A woman who serves at a childbirth.
Minim. A drop.
Minimum. The least.
Mitral Valves. The valves of the heart.
Morbid. Not sound and healthful.
Mortification. Decay.
Mucous Membrane. The membrane lining all the cavities of the body which open externally.

- Mucus.** A viscid fluid secreted by the mucous membrane.
- Narcotic.** A medicine which relieves pain and produces sleep.
- Nausea.** Inclination to vomit.
- Nauseant.** A medicine which produces nausea.
- Necrosis.** Decay, especially of the bone.
- Nephritic.** Pertaining to the kidneys.
- Nervine.** A medicine which soothes nervous excitement.
- Normal.** Healthy, natural.
- Nostrum.** A quack or patent medicine.
- Nutritive.** Nourishing.
- Obesity.** Stoutness.
- Opiates.** Narcotic medicines containing opium.
- Ophthalmia.** Inflammation of the eye.
- Optic.** Pertaining to the eye.
- Organic.** Pertaining to the structure of an organ.
- Ovary.** The organ of the female which forms the eggs.
- Ovum.** An egg.
- Palatableness.** Degree of pleasantness to the taste.
- Palliative.** A medicine which mitigates pain.
- Palpitation.** Violent and irregular beating of the heart.
- Panacea.** A cure-all.
- Pancreas.** A gland of the abdomen.
- Paralysis.** The impairment of the function of an organ.
- Parasite.** An animal or plant which lives upon another.
- Paroxysm.** A spasmodic convulsion.
- Pathology.** The science of the knowledge of diseases.
- Parturient.** Bringing forth young.
- Pectoral.** Pertaining to the chest.
- Permeate.** To pass through the pores of a substance.
- Perspiration.** Sweat.
- Phthisis.** Consumption.
- Physiology.** The science of the organs and their functions.
- Philosophy.** The love of wisdom; practical wisdom.
- Plethora.** The state of being over-full.
- Pleura.** The membrane which covers the lungs.
- Polypus.** A tumor with a narrow base.
- Post-mortem.** After death.
- Poultice.** A mixture of vegetable herbs and hot water applied to the surface of the body.
- Pregnancy.** The condition of being with child.
- Premonitory.** Giving warning beforehand.
- Probe.** To examine a wound or sore by piercing it with a sharp instrument.
- Prognosis.** The act of foretelling the course and end of a disease.
- Prolapsus.** The falling forward or downward of a part.
- Prophylactic.** A medicine which protects against disease.
- Pruritus.** Itching.
- Prostate Gland.** A gland situated just in front of the neck of the bladder, and encircles its outlet the urethra.
- Proteids.** Foods composed of carbon, hydrogen, oxygen and nitrogen.

- Puberty.** The age at which persons are capable of bearing or begetting children.
- Puerperal.** Pertaining to childbirth.
- Pulmonary.** Pertaining to the lungs.
- Pulmonio.** A medicine for diseases of the lungs.
- Pulse.** The beating of the heart and arteries.
- Pungent.** Bitter, acrid.
- Purgative.** A medicine which causes the bowels to be freely moved.
- Purulent.** Consisting of or resembling pus.
- Pus.** The yellowish white fluid produced by suppuration.
- Pustules.** A pimple on the skin containing pus.
- Putrid.** Decomposed, rotten.
- Radical.** Fundamental; original; affecting the vital principle or principles.
- Rectum.** The lower end of the large intestine.
- Refrigerant.** A medicine which allays fever or heat.
- Remittent.** Having remissions.
- Resolvent.** A medicine which has power to disperse inflammation.
- Respiration.** Breathing.
- Restorative.** A medicine which restores strength and vigor.
- Rubefacient.** An external application which produces redness of the skin.
- Saccharine.** Having the qualities of sugar.
- Saliva.** The secretion from the glands of the mouth.
- Salivation.** A continued unnatural flow of saliva.
- Salutary.** Wholesome, unnatural.
- Sanatory.** Sanative. Tending to restore lost health; curative; healing.
- Sanitary.** Pertaining to health.
- Sanitation.** The act of rendering healthy.
- Sciatic.** Pertaining to the hip.
- Scorbutic.** Pertaining to or affected with scurvy.
- Scrofulous.** Pertaining to or affected with scrofula.
- Scrotum.** The bag of skin which covers the testicles.
- Sebaceous.** Giving fatty secretions.
- Secretions.** The process by which substances are separated from the blood.
- Sedative.** A medicine which allays irritation.
- Sedentary.** Inactive.
- Senile.** Pertaining to old age.
- Septic.** A substance that promotes the putrefaction of bodies.
- Sequelae.** The results of a disease.
- Serous.** Thin, watery.
- Serum.** The liquid portion of the blood.
- Sewerage.** The system of sewers.
- Sialagogue.** A medicine which promotes the flow of saliva.
- Sinapism.** A poultice of powdered mustard seed.
- Sinew.** That which unites a muscle to a bone.
- Slough.** The dead part of a sore which separates and falls off.
- Solution.** A dilution.

Solvent. A medicine which dissolves callous or stony concretions.

Soporific. A medicine which induces sleep.

Sordes. Foul matter, excretions.

Speculum. An instrument for dilating and throwing light into certain passages of the body for the purpose of examining them.

Spinal. Pertaining to the spine.

Sporadic. Single, separate, scattered.

Stimulant. A medicine which quickly increases the vitality.

Stomachic. Pertaining to the stomach.

Stool. Act of expelling excrement.

Strangulation. Suffocation.

Strangury. A painful discharge of urine.

Stricture. The morbid contraction of a passage of the body.

Stupor. Mental insensibility.

Styptic. An astringent medicine.

Subcutaneous. Under the skin.

Sudorific. A medicine which causes sweat.

Suppurate. To generate pus.

Symptom. A sign, & token.

Syncope. A faint or swoon.

Syphilitic. Pertaining to or affected with syphilis.

Tepid. Lukewarm.

Tetanic. Pertaining to tetanus.

Therapeutics. That part of medicine which respects the discovery and application of remedies.

Thermometer (clinical). An instrument for determining temperature.

Thorax. The bones of the chest.

Tincture. Spirits containing medicinal substances in solution.

Tonic. A medicine increasing the strength of the system.

Tonsils. The glands in the sides of the throat.

Topical. Local, external.

Torpid. Dull, stupid, sluggish.

Torpor. Inactivity.

Trachea. The windpipe.

Transpiration. Exhalation from the skin.

Transude. To pass through the pores.

Traumatic. A medicine used to cure wounds.

Tremor. An involuntary shivering.

Triturate. To rub or grind to a powder.

Tubercle. A swelling or tumor.

Tumefaction. The act of swelling.

Typhoid. Weak, low.

Typhus. An exhaustive fever.

Ulcer. A sore-secreting pus.

Ureter. The excretory duct of the kidney.

Urethra. The canal leading from the bladder outwards, by which the urine is voided.

Uric Acid. The acid contained in the urine.

Urinary. Pertaining to the urine.

Urine. The secretion from the bladder.

Uterus. The womb.

Vagina. A canal, five or six inches long, situated between the vulva and womb.

Varicose. Unusually enlarged.

Vascular. Pertaining to or full of vessels, such as veins and arteries.

Venous. Pertaining to the veins.

Ventilation. The act of causing fresh air to pass through a place.

Vermifuge. A medicine to remove worms.

Vertebra. A bone of the spinal column.

Vertigo. Dizziness or swimming of the head.

Vesicant. A blistering application.

Vesication. The process of raising blisters on the skin.

Veterinary. Pertaining to the art of treating the diseases of domestic animals.

Virile. Of or pertaining to a man.

Virile Power. Masculine vigor; sexual vigor.

Viscera. The contents of the abdomen, as the stomach, intestines, etc.

Vitiate. To spoil, to contaminate.

Volatile. Capable of wasting away.

Vulva. The external organs of generation in the female, or the opening between these projecting parts.



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